

## Creating a Calm Kit for your child at home

These days, many of us may be feeling worried or anxious. We might find the news, social media posts, and comments from friends or family, or even our own thoughts trigger feelings. As adults, we can recognise these feelings and understand why we are having them. Many children will also experience these feelings, but lack the emotional literacy to be able to say how they are feeling, or why. Instead, children may tell you they have a tummy ache, be extra tearful or clingy and show difficult behaviours.

A **Calm Kit** is a bag or box filled with things that engage all the senses to bring awareness back to our bodies and help focus our minds supporting us to feel more grounded and relaxed.

### How to create a calm kit for your child -

Choose a brightly coloured bag or box- you could even use an old shoebox, which your child can decorate with colours or stickers.

### Ideas to fill the calm bag or box:

- **Things to touch:** stress ball, sensory ball, bean bag, slime, playdough, or soft toy to cuddle
- **Things to smell:** scented toys, scented playdough or scented pens
- **Things to taste:** box of raisins, healthy snack packet, fruit winder, biscuit or crackers
- **Things to look at:** bubbles, snow globe, light up toy, fidget spinner, or a photo album filled with people and pets that we love
- **Things to listen to:** rain stick, wind-chime, something that jingles or plays music
- **A mindful activity:** colouring in, favourite book, journal or sticker book



Choose things that will appeal to your child and are appropriate for their age and stage of development. If you notice that your child is becoming worried or overwhelmed, or you sense a change in their behaviour, you can support them to choose something from their calm bag/box.

There are different ways that we can help ourselves, and our children to feel calm. The well-being activities on the pupil section of the school website can help bring mind and body back into a state of balance.

Here is a link to BBC Bitesize for ideas to help boost your child confidence over the summer holidays. <https://www.bbc.co.uk/bitesize/articles/z4dfn9q>