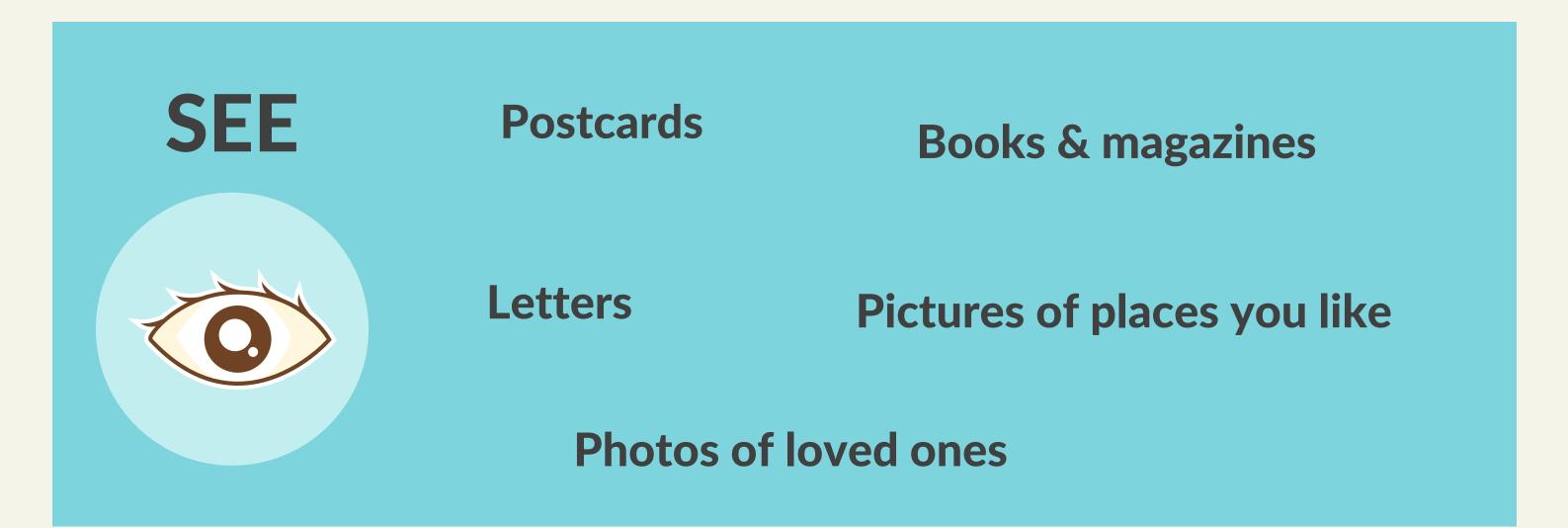


Ideas for your Self-Soothe Box







HEAR

Your favourite CD

Audio books

Recording of a friends voice

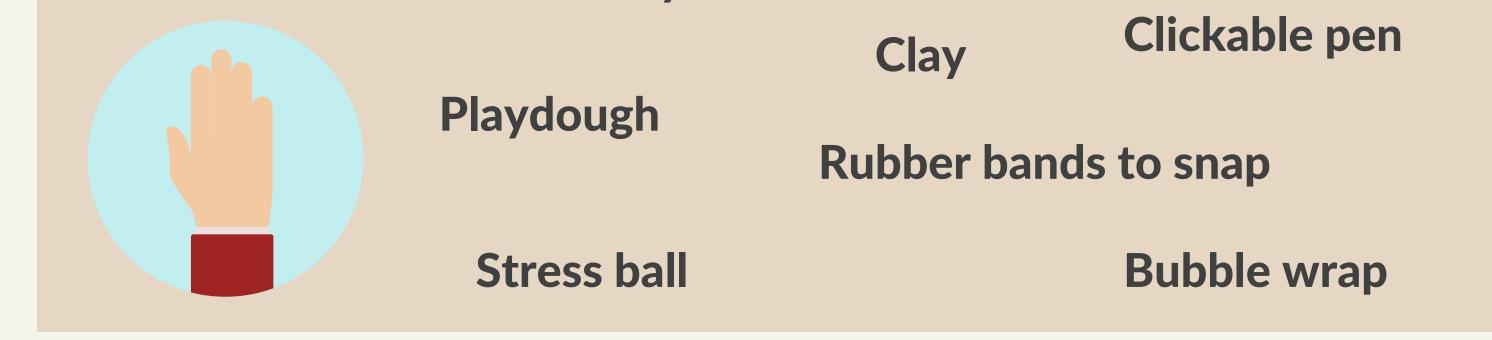




Ideas for your Self-Soothe Box







OTHER IDEAS List of phone numbers to ring

Notebook & pen

Art or craft materials

Colouring book

Hot water bottle

Puzzle games

Earplugs

Letters from loved ones