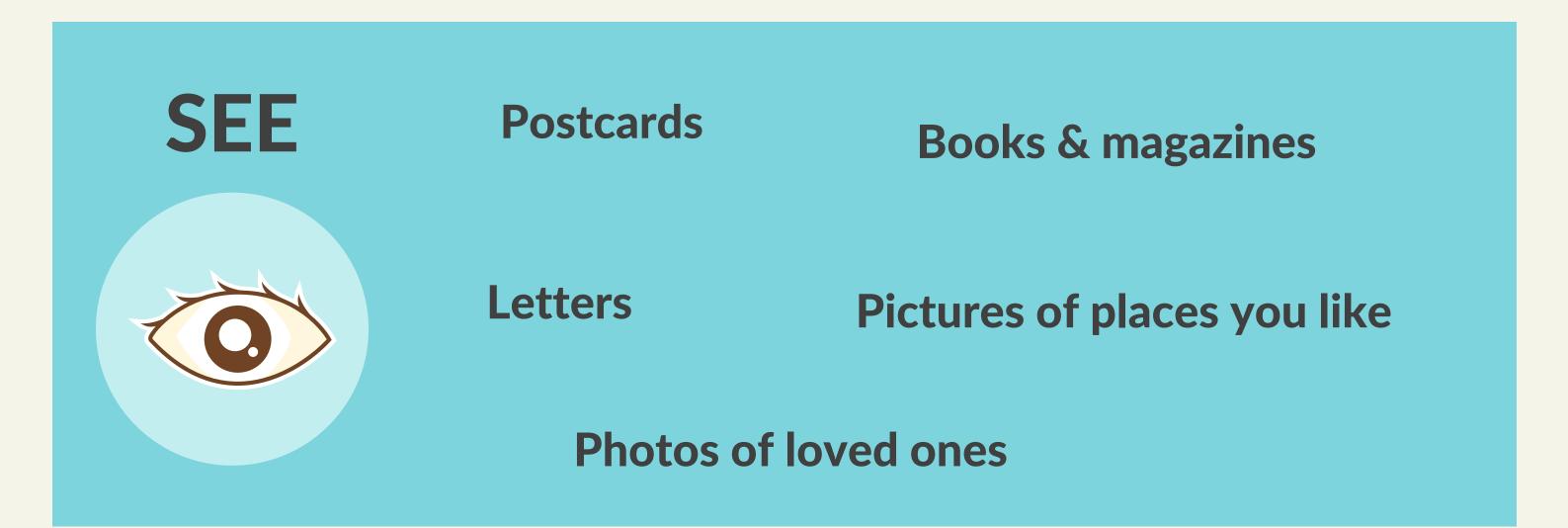


# Ideas for your Self-Soothe Box







HEAR

#### Your favourite CD

### Audio books

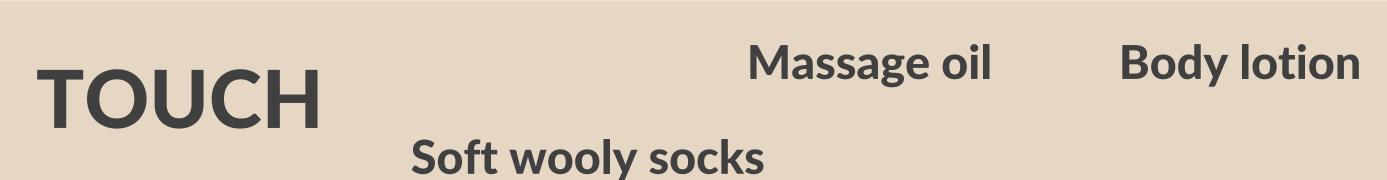
### **Recording of a friends voice**

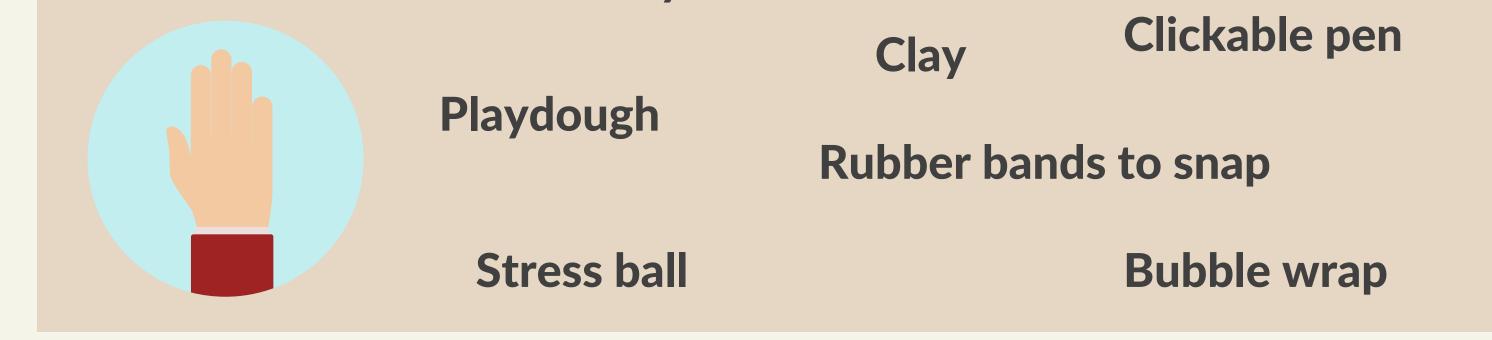




# Ideas for your Self-Soothe Box







## **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**