

Ideas for your Self-Soothe Box

SEE



Postcards

Books & magazines

Letters

Pictures of places you like

Photos of loved ones

HEAR



USB filled with relaxing noises

Your favourite CD

Audio books

Recording of a friends voice

SMELL



Candles

Favourite perfume

Jar of spices

Essential oils

Ideas for your Self-Soothe Box

TASTE



- Mints
- Snacks
- Bottle of water
- Tea bags
- Sour sweets
- Chocolate

TOUCH



- Massage oil
- Body lotion
- Soft wooly socks
- Clickable pen
- Clay
- Playdough
- Rubber bands to snap
- Stress ball
- Bubble wrap

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