

# Ideas for your Safety 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 Safety Box

## TASTE



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

## TOUCH



- Soft wooly socks
- Clay
- Body lotion
- Rubber bands to snap
- Clickable pen
- 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