

Managing Overwhelming feelings

Calm Down Box



- ▶ Decorate a box and add in:
- ▶ Something you can touch
- ▶ Something you can smell
- ▶ Something you can taste
- ▶ Something with a good memory
- ▶ Something you can do
- ▶ Positive affirmations and reminders of regulation activities
- ▶ <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>

Sensory ABC

- ▶ Put 5 columns on a piece of paper (or you can screen share the whiteboard)
- ▶ Write the senses in each column
- ▶ Choose a letter of the alphabet and write down something in each column that starts with that letter

See	Touch	Hear	Taste	Smell

GROUNDING WITH YOUR FIVE SENSES

What are

5

THINGS YOU
CAN SEE



Ideas

SUN

PICTURE ON THE WALL
**PEOPLE
WALKING**

4

THINGS YOU
CAN FEEL



WIND

BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU
CAN HEAR



BIRDS

CHIRPING
CLOCK TICKING
CAR HORNS

2

THINGS YOU
CAN SMELL



**FOOD FROM THE
CAFETERIA**

LAUNDRY DETERGENT ON CLOTHES
**FRESH CUT
GRASS**

1

THING YOU
CAN TASTE



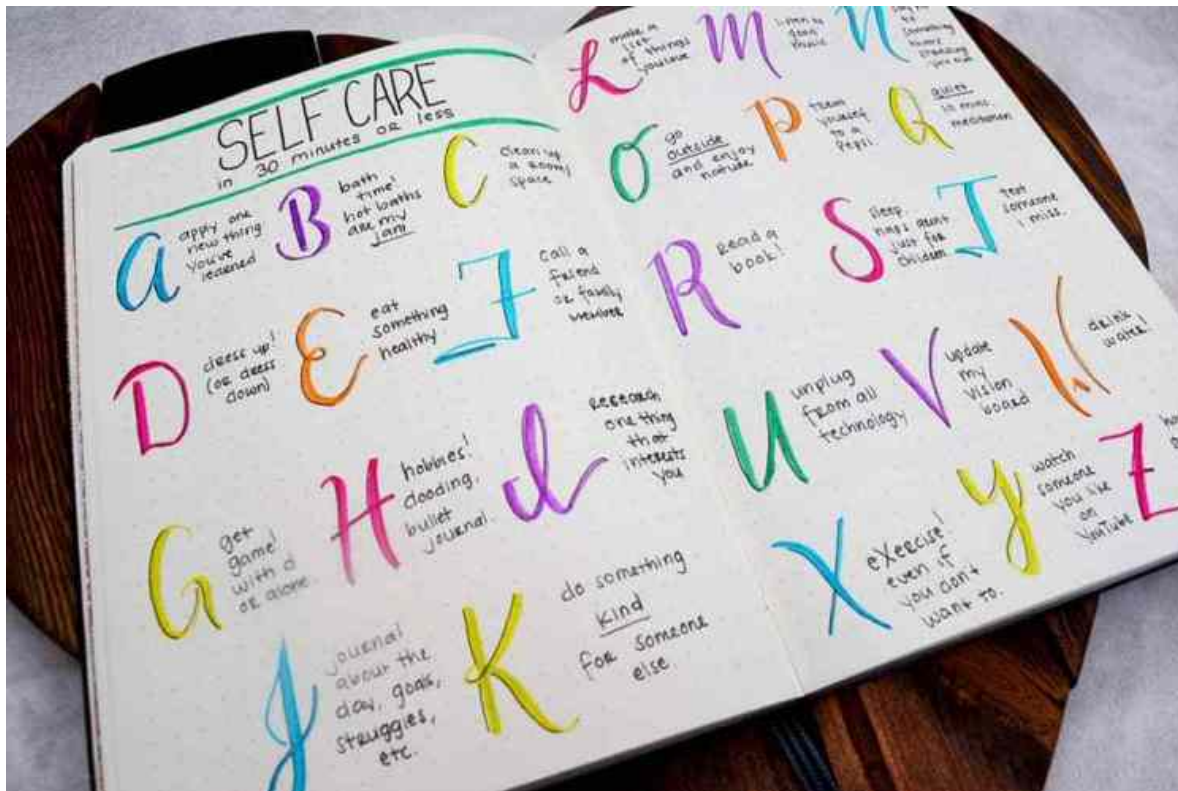
MINT

Breakfast
TOOTHPASTE

Grounding

Self-Care ABC

- ▶ Can you think about an activity to help with self-care beginning with each letter of the alphabet.
- ▶ If you're feeling creative write this down and add pictures for each example



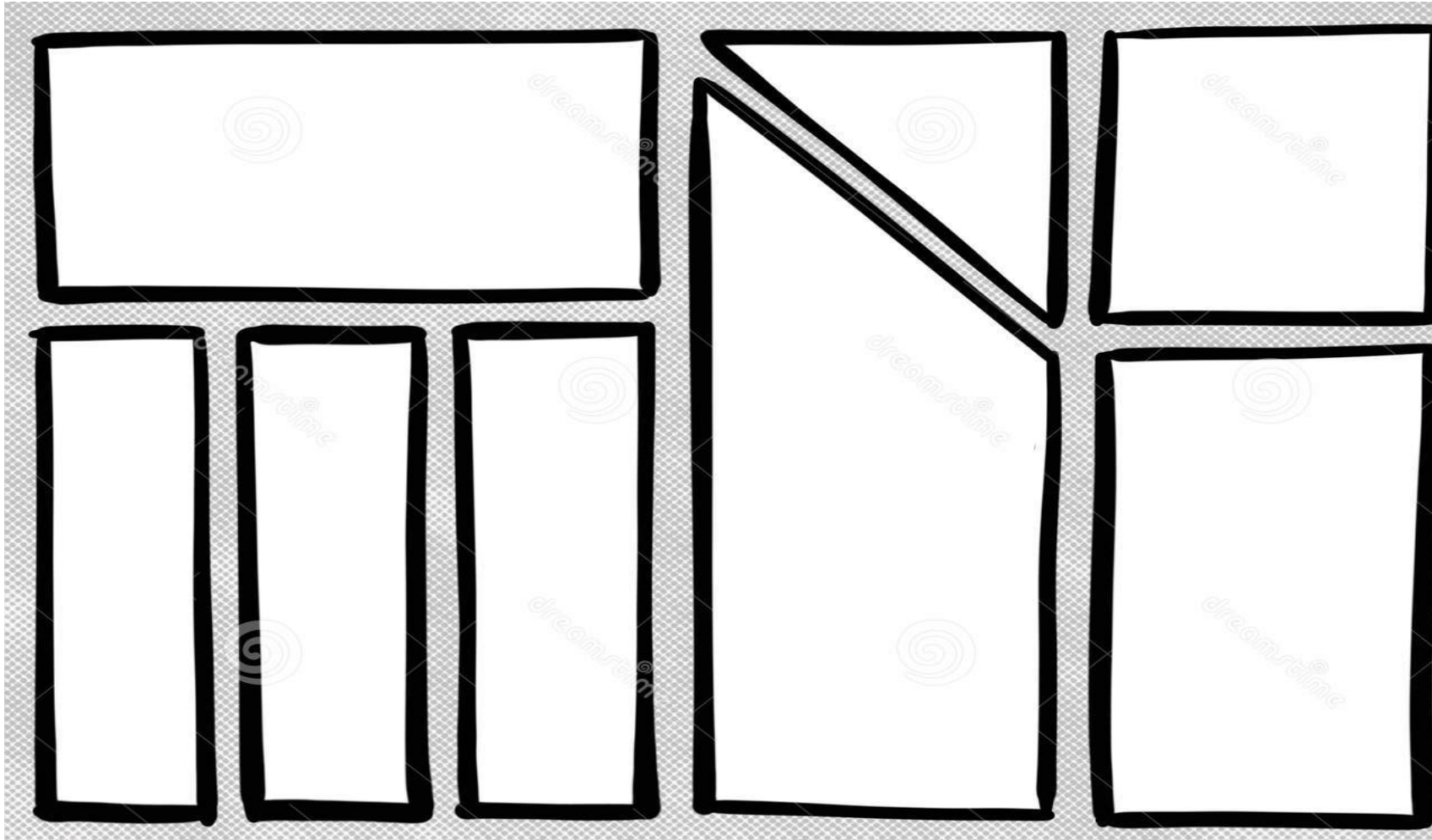
Heart Drawing

- ▶ Draw a picture of a heart- leave space round the edge
- ▶ Make a list of feelings words around the page. Write the words in different colours
- ▶ Think back to the last week and what feelings you have felt
- ▶ Colour the heart in with the colours of the feelings you have felt over the last week



My Day

- Can you draw your day as a comic book?



The Time Machine

Travel back to your best:

- ▶ Day
- ▶ Self
- ▶ Moment

