

Calm Down Kit

This pack is designed to explain what a calm down kit is
and why we use it.

WHAT IS A CALM DOWN KIT?

A calm down kit, also known as a calm down box or Calm Down Toolkit, is a box filled with a collection of items that will help your child calm down. It is best to adapt your box to your individual child's interests, but here are some of the items that I use regularly in Calm Down Kits below.

HOW TO USE A CALM DOWN KIT

1. When you feel that your child is starting to become frustrated help your child sit in a safe and comfortable place and interact with the calm down kit.
2. If your child has a tendency to get stressed regularly in certain situations or several times throughout the day, why not select a schedule and offer the calm down kit for kids to your child on the set schedule? For example, present the calm down kit every 3 hours or every 6 hours?
3. Sit with your child and engage them in the activities in the calm down box for kids.
4. Offer the calm down kit to your child while he or she spends some time alone

Calm down kit ideas

