

A calming kit can help a child learn what helps their body feel regulated after experiencing uncomfortable emotions. Because each child is unique, what one child finds calming, another may not. The list below is meant to be a starting point only and is not a definitive list. We recommend choosing 5 to 10 items with your child(ren). You may also find other items that help your child regulate that are not on this list.



Make sure your child's calming kit is separate from their regular toys and games but is always accessible for them to use. When children are young and as they are learning how to use the calming kit, caregivers will need to co-regulate with their child (e.g. sitting with your child and selecting items together, holding them in your lap while they use an item, etc.)

What to put in a Calming Kit

- Small bottle of bubbles
- Chew toys or chew necklace
- Small puzzle
- Fidgets – e.g. Tangle, Fidget Spinner, Koosh ball
- Stretchy resistance bands
- Noise cancelling headphones
- Chewing gum
- Body lotion
- Booklet of yoga poses or printed yoga cards
- Notebook and writing utensil
- Sensory bottle/jar – e.g. water & oil with glitter
- Visual toys such as a kaleidoscope or hourglass, light-up toys, flashlight
- Storybooks
- Activity books – e.g. colouring, dot-to-dot, mazes, word search, I Spy
- Stress balls
- Play doh, silly putty, plasticine
- Photo album with pictures of family/friends
- Bubble wrap
- Pinwheel (to encourage deep breathing)
- Rubik's cube
- Magna-doodle, Etch-a-Sketch, Buddha board, etc.
- Eye mask
- Paper to rip (use a Ziploc bag to hold the paper)
- Plastic snow globe
- Pipe cleaners to twist and bend
- Scarves or fabric scraps
- Spinning top
- Mini massager
- Scratch & sniff stickers
- Straws and pompoms – to encourage deep breathing
- Smelling containers – a cotton ball into a small container with a few drops of essential oil that your child finds pleasing