

CREATE A SELF-SOOTHING KIT

Get a box or bag to collect your self-soothing sensory items and keep them together. You can decorate the box with positive and inspiring messages and images. Keep your kit where you can easily get it and use the sensory items to soothe yourself throughout the day or to calm yourself in times of distress.

Experiment with the ideas on this list to see what is most soothing for you. The ideas in blue can be easily placed in the kit or carried with you. The ideas in orange are “out of the box” ideas.

Smell

Scented lotion or spray

Bake cake/cookies or sit in a bakery

Candle

Enjoy fresh cut grass

Aromatherapy oils

Take a walk after it rains

Incense sticks

Buy some flowers or enjoy some in a garden

Small jar of spices, cinnamon sticks, cloves, or dried lavender

Sound

Create a soothing playlist on your phone

Sit outside and listen to birds

Nature sounds app on your phone

Sit by a waterfall or stream

Sit in a coffee shop or other busy area and listen to the noise

Vision

Photos of a favourite person

Blow bubbles

Postcards of happy memories or of somewhere you want to go in the future

Watch the wind blowing the leaves on the trees

Small print of favourite artwork

Create a positive or inspiring collage and hang in your room

Affirmation cards with images and quotes

Go on a walk through nature

Art supplies and paper

Plant flowers or sit in garden

Glitter jar

Visit an art gallery/museum

Funny pictures

Bookmark funny memes online or visit a funny website

Scroll through pictures on your phone

Watch the flame on a candle or in a fireplace

Decorate your home with soothing colours and inspiring art

Lay on the ground and watch the clouds

Taste

Chocolate

Cook a favourite meal

Lollipops or other hard sweets

Go out to eat

Sour sweets or mints

Have ice cream or other favourite dessert

Chewing gum

Go to a farmer's market for fresh food

Tea or hot chocolate

Crunchy snack

Touch

Clay, play dough, or putty

Fidget toy

Stress ball

Worry stone or inspiration stone

Small square of fuzzy, furry, or soft material

Lotion to give yourself a hand massage

Tactile beads

Feather or soft brush to rub along your arm

Nail file or polish

Elastic bands to snap on wrist or stretch

Magnet toys

Take a bubble bath or hot shower

Use a salt scrub

Wear comfortable clothes

Pet an animal

Weighted blanket

Get a manicure or pedicure

Get a massage

Make a sensory bin/tray with sand, kinetic sand, or beans

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