



CALM KIT: HELP YOUR KIDS AND YOURSELF TO 'BE WITH' EMOTIONS

WHAT ARE YOU PUTTING IN YOUR
TOOLBOX

THRIVE WITH JESSIE WHITE

Visual

- Go outside
- Look out the window
- Look at a book or magazine
- Look at the trees, grass, anything interesting outside
- Look at pictures of loved ones
- Blow bubbles
- Draw a picture
- Watch a jar with water and glitter

Auditory

- Recite a mantra
- Chant or say Ohm
- Strike a gong/ singing bowl/drum
- Play a musical instrument
- Breathe deeply
- Blow up a balloon
- Listen to music
- Sing a song

Tactile

- Soak your feet or hands
- Snuggle together
- Pat our animal
- Brush your hair
- Scratch your back
- Take a shower/bath
- Rub a smooth stone
- Play with clay, play dough, blue tac

Smell

- Smell flowers
- Smell essential oils
- Light a candle
- Put a oil burner or air mister on with your favourite smell
- Bake bread or a cake and fill the house with a gorgeous smell

- Do some jumping jacks
- Push against a wall
- Run/walk around the block
- Wrestle
- Dance
- Squeeze a stress ball
- Lift heavy things
- Push ups/pull ups
- Give bear hugs with loving arms
- Ride bike/scooter/skateboard
- Make silly faces

Movement

Misc.

- Write in a journal
- Drink water
- Do something silly and humorous
- Do something outrageous, ie wear undies on your head
- Play with toys
- Chew on a rubber chewy
- Do craft
- Meditate/pray

Steps

- 1) Create a time of calm with your family, could be over dinner or in the car driving or first thing in the morning. Say something similar to "We are going to create our own toolbox for when we are having big feelings. Each of us will pick 4 or 5 from the list I'll read out. When we are having challenging feelings, we go to this list".
- 2) Pick your tools from the above list or make up your own if you are inspired by something
- 3) Have everyone plans visible, on the fridge, bedroom doors, purse, bag etc.
- 4) Make up a box which contains all the special tools, ie if blowing bubbles is picked by your 5yr, make sure their calm down box has bubbles.
- 5) Loving remind each other of the plan when challenging feelings overwhelm. ie "It could be a good time to look at your plan together", they will probably say "no, dont want to use my plan now". Lovingly respond with "That's ok, I hear you dont want to just now but I'm going to read them out loud so you and I know what options we have to help and support you"
- 6) Revise the plan at anytime.