

CALM DOWN TOOLS FOR OLDER KIDS

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Items that give kids a brain break

- Puzzles
- Chapter books to read
- Blank notebook/journal and writing utensils
- Coloring books
- Scratch art doodle pad
- Activity books
- Brain Quest cards
- Doodle books
- Mad Libs
- One player travel sized games

Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music, nature sounds, audiobooks, etc.
- Sound machine

Items for oral motor sensory support

- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Chew necklace

Items to support breathing & relaxation

- Book of yoga poses or yoga activity cards
- Rescue Remedy Spray

Items that provide proprioceptive support

- Punching bag or bop bag
- Mini massager
- Weighted lap cushion
- Hand weights
- Resistance/exercise bands
- Compression clothing
- Heated blanket
- Weighted blanket
- Skipping rope

Items to squeeze, fidget with, or keep hands busy

- LEGO kits
- Stress balls
- Rubik's Cube
- Wooden or metal logic puzzles
- Craft kits
- Cat's cradle

Items to visually calm

- Kaleidoscope
- Eye mask
- Look & find books
- Lava lamp

Items for olfactory sensory support

- Calming essential oil spray
- Scented lotion