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| City of Bradford MDC**0-25 Specialist Teaching & Support Services**Margaret McMillan Tower (Floor 3)Princes Way, Bradford, BD1 1NN |  | Description: CBMDC-colour-RGB - smaller |

**What to put in calm down box**

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| **Items to squeeze and keep hands busy*** Tangle twisters
* Fidget cubes
* Play dough or silly putty
* Stress balls
* Bubble wrap
* Stretchy toys
* Pebbles
 | **Items for auditory sensory support*** Audio books
* Ear defenders
* I pod with music
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| **Items to support breathing*** Bottle of bubbles
* Straws and mini pom poms
* Wind mills
* Whistles
* Blow toys
 | **Items for brain breaks*** Books to read
* Colouring books
* Activity books
* Blank paper/ pencils/crayons/felt tips
* Photo album of favourite things
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| **Items for smelling sensory support*** Smelling bottles
* Calming essential oil spray(natural)

Take care to assess childs tolerance to smells  | **Items to calm visually*** Sand timer
* Sensory bottle
* Light up toys
* Plastic snow globe
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| **Items for proprioceptive support*** Small blanket
* Weighted stuffed animal
* Back pack filled with books
* Stretchy resistance bands
* Mini massager
 | **Items for oral motor sensory support*** Chewellery chew items
* Snacks with texture e.g. crunchy
* Party blowers or similar

**Items for movement*** Skipping rope
* Yoga activity cards
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