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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 |
| **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 |
| **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 |
| **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 |