

Help Sheet

0 – 25 Specialist Teaching Support Service

How to use a self-soothe box.

Why?

A self-soothe box contains a selection of things that can help a child or young person to:

- Keep calm, feel grounded and self-soothe.
- Concentrate better.
- Manage their emotions, reduce symptoms of panic, anxiety and low mood and begin to self-regulate.



You will need:

- A box decorated by the child or young person.
- Toys / calming tools selected by the child or young person. For example, sensory toys, dough, hand cream, mindfulness colouring, bubbles, feather, doodle book, links, fidget spinners, stress balls, poppets, positive affirmation cards and ear plugs or noise cancelling headphones.

How?

- The box is to be kept in an accessible place in the child's classroom / nurture room or safe space room.
- Ways to use the self-soothe box:
 - A 5-minute reward for completing work.
 - A diversionary aid to distract the child for a few minutes.
 - A calming tool when the child is angry or frustrated.
 - At the start of the school day to help settle or at the end of the day to unwind.
 - At a time when the child is vulnerable or finds particular times of the day difficult such as after lunchtime, if a child struggles to settle back into the rules and expectations of the classroom.

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- During whole class activities if the child has difficulty concentrating.

Things to Note:

- The self-soothe box should be dependent upon child's needs.
- The child should be able to access the self-soothe box during a lesson, if they need it.
This shows they are beginning to self regulate.
- The self-soothe box should be checked and re-stocked frequently.
- When child is accessing the self-soothe box, practitioners should observe any patterns of behaviours.

Reference / Evidence base – informed by:

For further information please visit www.youngminds.org.uk How to make a self-soothe box.