**Calm Boxes**

![C:\Users\Bowerd\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\YVV0X42V\pexels-photo-378271[1].jpg]()

**Purpose**

A box containing a selection of things that can help a child to:

* Keep calm
* Concentrate better
* Manage their emotions

**Who are calm boxes for?**

Children with:

* Concentration difficulties
* Behaviour difficulties
* Emotional difficulties
* Children who have experienced loss or bereavement
* Children who have difficulties completing their work

**Setting up the calm box:**

* Child decorates their calm box
* The child can choose what goes into their calm box.
* Box is to be kept in an accessible place in the child’s classroom/nurture room or safe space room.

**How calm boxes can be used?**

* As a 5 minute reward for completing work
* A calming tool – if a child is angry/frustrated, they could use independently
* A diversionary aid to distract the child for a few minutes

**When it should be used?**

* Dependent upon child’s needs
* Child should be able to go over to the calm box during a lesson, if they need it. This shows they are beginning to self regulate
* During whole class activities if the child has difficulty concentrating
* 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 at risk of getting in to trouble, e.g. after lunchtime, if a child struggles to settle back into the rules and expectations of the classroom

**The importance of monitoring calm boxes**

* Ensure the contents do not distract others
* Monitor how often child uses the calm box
* Monitor when the child uses the calm box
* Monitor what the triggers or circumstances when the calm box is used
* Order new resources

**Ideas for items to put in a calm box**

* Plasticine/blu-tac/putty/play doh
* Colouring books/sheets
* Timer
* Feather
* Fiddle objects
* Lego
* Bubbles
* Stretch resistance bands
* Noise cancelling headphones
* Hand cream
* Blank note book
* Crayons
* Sensory bottle
* Stress balls
* Books to read
* Activity sheets
* Bubble wrap
* Pipe cleaners
* Mindfulness colouring
* Mindfulness activity sheets

It is important the child chooses their own objects as they will know what works to help them self regulate and feel calm.

The SEMH team will show you an example of what a Calm box looks like.