



Calm-Down Toolbox Ideas

A **Calm-Down Toolbox** gives children easy access to tools that help them **regulate emotions and refocus**. Create a **personalized kit** with a mix of **sensory, movement, and mindfulness strategies** to support your child's needs.

👐 Sensory Tools *(Tactile items that help children self-soothe and reduce stress.)*

- ✓ Fidget toys (spinners, pop-its, stress balls)
- ✓ Noise-canceling headphones
- ✓ Weighted blanket or stuffed animal
- ✓ Soft fabric or textured objects
- ✓ Chewable jewelry (for oral sensory needs)

🏃 Movement-Based Tools *(Physical activity can help release excess energy and restore focus.)*

- ✓ Jumping jacks or wall push-ups
- ✓ Stretching or yoga poses (child's pose, butterfly stretch)
- ✓ Mini trampoline or balance board
- ✓ Resistance bands for pulling and stretching
- ✓ Dance break or simple obstacle course

🎨 Creative Outlets *(Expressive activities provide a calming distraction and emotional release.)*

- ✓ Coloring books and doodling pads
- ✓ Play-Doh or kinetic sand
- ✓ Journaling or drawing feelings
- ✓ Music (calming playlists or playing an instrument)
- ✓ Building blocks or puzzles



Mindfulness & Breathing Tools (*Help children slow down, reset, and manage emotions.*)

- ✓ **Glitter jar** (shake and watch it settle to practice patience)
- ✓ **Deep breathing visuals** ("Smell the flower, blow out the candle")
- ✓ **Meditation apps** (e.g., *Headspace for Kids*, *Moshi*)
- ✓ **Guided imagery cards** ("Imagine you're floating on a cloud")
- ✓ **Essential oils** (lavender, peppermint) for relaxation

How to Use the Calm-Down Toolbox

- ✓ **Let your child explore** different tools to find what works best.
- ✓ **Store items** in a **designated calm-down space** at home or in a **travel-friendly kit**.
- ✓ **Encourage using the toolbox** before frustration escalates to promote **self-regulation**.

Need Help Setting Up a Calm-Down Space?

Book a **free 30-minute consultation** for **personalized guidance** on creating a calming environment tailored to your child's needs.



[Schedule Here](#)

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A well-stocked **Calm-Down Toolbox** gives your child the tools they need to **self-regulate** and **succeed**. What will you add to yours today? 🧰❤️

Warmly,

Tom