

How to create a personal calm down or sensory kit

Consider where / how the kit will be used and stored. If it needs to be kept in a school bag, a small, zipped bag, such as a pencil case, may be easiest. Where a pupil has particular sensory sensitivities or preferences this should be considered. To be successful the items chosen need to reflect the individual's sensory profile, special interests and personal preferences – referring to the earlier work in the 'getting to know me' section may be helpful.

Include:

- Items the pupil identifies as calming or regulating. Try to include items to engage all the senses, if that suits the pupil.
 - Tactile: A fidget toy, such as a spinner, pop it, rubix cube etc. Thinking putty, blu-tac, elastic bands etc may also be helpful.
 - Olfactory: A scented item. Sometimes a small cloth washed in home washing powder, or with a scent pupil finds calming on can be helpful.
 - Gustatory: A favoured sweet, or something crunchy or chewy may be calming.
 - Visual: Something that spins, lights up or is visually pleasing.
 - Aural: A reminder of a favourite piece of music, or something that makes a calming or repetitive sound.

Also consider including:

- comforting items, such as a photograph of a pet or family, or 'happy place'.
- a personal item from a family member / trusted adult, for example key ring.
- A couple of cards with breathing techniques, affirmations or grounding ideas.
- A reminder of what to do in a crisis.