

### 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.

