



# Emotional first-aid kit





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An emotional first-aid kit, also known as a "calming box" or "relaxation kit," is a collection of items designed to help children build emotional regulation skills.

The objects within the kit feature sensory or symbolic qualities that can help a child channel emotions and find balance, ultimately calming down from unpleasant emotions like anger, fear, or sadness.

Being able to maintain calm in the face of difficulty and then respond thoughtfully is an important emotional skill.





## When to use it?

There is no specific time or place for using the emotional first-aid kit, and it can be placed in a "peace corner" for children to access as they need it. However, it can also be offered when it's clear that a child is experiencing negative emotions. It's important to remember that children process and learn through exploration and play, so it's essential to give them time to discover the ways in which the kit can be helpful.

The emotional first-aid kit can be an effective tool to help children regain calm and regulate their emotions during times of emotional tumult.







# What to include:

- ♥ Pillows or stuffed animals to squeeze or hug.
- ♥ A perfume bottle to breathe in calming fragrances like lavender, mint, or eucalyptus.
- ♥ A diary or magazine to rip or crumple.
- ♥ Play dough or slime, stress balls or globes filled with flour to manipulate
- ♥ Zipper bags filled with gel to draw with one's finger
- ♥ A storybook to distract and soothe
- ♥ Feathers to stroke and relax
- ♥ Drawing supplies like pencils, paper, and mandalas; and objects featuring zippers to open and close.

