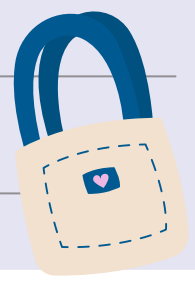




CALM DOWN BAGS



Calm down bags are small bags or boxes filled with items that can be used to help children calm down and regulate their emotions. They are used by young children who may not have the verbal skills or self-regulation abilities to manage their emotions in a healthy way.

♡ **Pick a small bag** or container that the child can easily carry or keep close by.

♡ **Fill the bag** with a variety of items that can be used to engage your child's senses.

♡ **Encourage the child** to use the items in the bag when they are feeling overwhelmed or worried.

♡ **A picture of the child's family** for them to look at when they are feeling overwhelmed

♡ **A lovey and/or weighted blanket:** These can provide comfort and a sense of security.

♡ **A small mirror:** This can help toddlers learn to recognize and understand their own emotions.

♡ **A small toy:** Fidget toys, such as a stress ball, mouthing object, or a fidget spinner can provide a calming outlet for excess energy.

♡ **Play-dough or clay:** Squeezing and manipulating play-dough or clay can be a calming and therapeutic activity.

Calm down bags can be a helpful tool for young children to use when they are feeling anxious or overwhelmed as they can provide a sense of control and a way to cope with their big feelings.

