



Self-Soothe Kit Checklist



Auditory

- Headphones and/or Ear Defenders
- Your Favourite Playlist
- Soundscapes
- White Noise/Sound Machine or Playlist

Visual

- Your Favourite Book
- Sun Glasses
- Galaxy Light
- Sun Lamp/Body Clock Lamp/ S.A.D Lamp
- Photographs
- Puzzle/Colouring Book

Taste

- Chewing Gum
- Mints
- Tea Bags
- Coffee Sachet
- Small snack/drink you enjoy

Touch

- Tangle Toy
- Stress Ball/Toy
- Something small and soft
- Useful flashcards such as 'I need to leave, can you help me'
- Puzzle ball/cube, Rubix Cube etc.
- Comfy Clothing where possible and/or use of fabric softener.
- Hot Water Bottles
- Blankets
- Hand Warmer
- Something soothing, perhaps gel based.
- Instant Ice Pack

Smell

- Essential Oils
- Rollerball Oil/Perfumes or body spray
- Candles
- Diffusers
- Wax Burners
- Fabric Softener

Don't forget
to tailor
your kit to
YOU ♥

