

Calming Boxes

Crafts



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WHAT MAKES IT MEANINGFUL

Calming boxes provide participants with a personalized collection of items to help manage emotions, reduce anxiety, and promote relaxation. This activity encourages self-expression, reflection, and mindfulness while supporting fine motor skills and sensory exploration. Creating and using a calming box fosters independence, emotional regulation, and a sense of security. Sharing strategies or items can also enhance social connection and understanding among participants.

TIME

- 30-60 minutes

MATERIALS

- Small boxes or containers
- Sensory items (stress balls, fidget toys, textured fabrics, scented objects)
- Colouring materials (mini colouring books, crayons, markers)
- Positive affirmation cards or notes
- Small objects for personal comfort (shells, beads, charms)
- Stickers or decorative materials for personalizing the box



Activity Title

INSTRUCTIONS

1. Provide materials at individual stations or a central table.
2. Explain the purpose: to create a personalized box of items that help participants feel calm or relaxed.
3. Encourage participants to:
 - Choose a box and decorate it with colours, stickers, or designs
 - Select items that help them feel relaxed or happy
 - Arrange items inside the box for easy access
 - Share ideas or demonstrate how they use items for calming if comfortable

RESOURCES

- <https://www.childsavers.org/calm-down-box/>
- https://neurodivergentinsights.com/how-to-build-a-sensory-self-soothing-kit/?srsltid=AfmBOoryuTjbqYFHGjKyPQxwLzUv8iHFb_zBdZYK6elrgVtFPLclapn

SUPPORTS NEEDED

- Assistance with decorating or arranging items for participants with fine motor challenges
- Guidance in choosing items that are safe and effective for calming
- Step-by-step visual instructions for assembling the box
- Encouragement and positive reinforcement during personalization
- Supervision to ensure safe use of items, especially small objects

OTHER THINGS TO NOTE

- Can be adapted for individual or small-group creation.
- Items can be rotated or updated based on participant preferences and effectiveness.
- Flexibility is key: some participants may enjoy decorating, others arranging or selecting items.
- Boxes can be used immediately or kept as ongoing personal tools for self-regulation.
- Offers a practical, hands-on approach to promoting emotional well-being and independence.