

# Soothing Box

## ABOUT SELF SOOTHING

Managing stress and learning to self soothe are very useful skills for adolescents to learn particularly when they encounter situations that may be out of their control or may elicit overwhelming emotional responses. Experiencing events such as Covid-19 can create uncertainty and stress and cause us to experience unpleasant emotions. When we experience distressing emotions, it can impact how we view and respond to situations, it can also influence our thinking and the way we interact with family, friends and loved ones. The purpose of the Soothing Box is to give your child space to sit with any unhelpful emotions they may be experiencing, help them feel better and cope with big or distressing emotions. It also gives students an opportunity to have a break from negative emotions and help change their perspective.

## SUGGESTIONS FOR THIS ACTIVITY

Your child can use a box or container and use their imagination to decorate their Soothing Box with pictures, inspirational messages, material etc. They will put items inside the box that uses the five senses to help achieve self-calm.

These are some ideas of items your child may like to include in their personalised Soothing Box.

### Soothing Box

Ideas of things you can put in your soothing box:

**Smell:** Essential oils, perfume, aftershave, lavender, scented candle, lotion

**Taste:** Chocolate, lolly, tea bag, snack

**Vision:** Photos, quotes or affirmations, favourite book, watching something that can bring about an opposite emotion to the unpleasant emotion you are experiencing

**Touch:** Items that have different textures, putty, stress ball, kinetic sand, fidget spinner, feathers, journal, colour pencil, paper, colouring book

**Sound:** Listen to something that you find enjoyable and uplifting e.g. soothing or uplifting music, nature sounds, favourite playlist, bell



## WHAT IF MY CHILD HAS LOTS OF NEGATIVE EMOTIONS THEY AREN'T SURE HOW TO DEAL WITH?

- Reassure them that it's natural to respond this way given the current challenges we all face.
- Encourage them to keep talking with you about how they're feeling. Sometimes, strong emotions can be alleviated just by letting them out and talking.
- Don't feel like you need to solve anything right away. Just listen at first.
- If your child would like assistance, help them find solutions to the cause of their feelings (e.g. If it's loneliness, help them make connections with friends or family. If it's sadness, find time for activities that bring joy. If it's anxiety, help them to see the issue from a different perspective).
- Seek additional help if you think you need it.

If you feel your son needs further help and wish to discuss the services the school counsellor can provide please see your son's homeroom teacher or Amos Pilgrim [amos.pilgrim@medbury.school.nz](mailto:amos.pilgrim@medbury.school.nz). The school counsellor, Jenelle Hooson, is a Registered Provisional Member with NZAC (New Zealand Association of Counsellors).

Here are some support options specifically for young people aged between 5 and 25:

- [Need to Talk?](#) Free call or text 1737 any time to speak to a trained counsellor, for any reason.
- [Youthline](#): 0800 376 633 (24/7), or free text 234 (8am-12am), or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)
- [What's Up](#): online chat (7pm-10pm) or 0800 WHATSUP / 0800 9428 787 children's helpline (12pm-11pm weekdays, 3pm-11pm weekends)
- [Kidsline](#) (ages 5-18): 0800 543 754 (24/7 but between 4pm and 9pm calls are answered by a Kidsline Buddy, specially-trained year 12 and 13 students)

Further resources to help parents support their children during this time:

<https://www.allright.org.nz/>

<https://www.mentalhealth.org.nz/>

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