

Soothing Box

BACKGROUND INFO

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.



STEPS FOR CREATING YOUR SOOTHING BOX

Decorate an old box or container to your taste (some ideas to get you started might be pictures, inspirational messages, material etc.)

Once you have decorated your box you can put items in it that use the five senses (look at the box below for ideas)

You can use the items in your Soothing Box when you are experiencing extremely unhelpful or distressing emotions. The idea is to choose items that use each of your senses to help you sit with that emotion and eventually help you feel better and cope. It is ok if this takes some practice. The more you use your soothing box, the better you will get at working out what helps you most to cope with those big emotions.

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

