

# Your Self-soothe Box

## What is a Self-soothe box?

A self-soothe box is a way to distract yourself and it's there to help you through some of the hard times. It is important to centre your self-soothe box around yourself, and adapt this to your own needs.

## What is in MY Self-soothe box?

- ◆ Puzzle book
- ◆ Textured rod
- ◆ Massage balls
- ◆ Candle (Vanilla!)
- ◆ Squishy balls
- ◆ Magnetic putty
- ◆ Tea!!
- ◆ Hot chocolate
- ◆ Positive quote book
- ◆ Sweets
- ◆ Face masks
- ◆ Tangle toy

## Other things for your self-soothe box:

- ◆ Bath bombs
- ◆ Bath salts (sea salts)
- ◆ Nail varnish
- ◆ Chocolates
- ◆ Card games
- ◆ Monopoly
- ◆ Notes with different ideas for games

## My Favourite Quotes:

*'You can't get rid of your fears but you can learn to live with them'*

*'Worrying does not take away tomorrow's trouble, it takes away today's peace'*

*'Kindness is free, sprinkle that stuff everywhere'*

*'Ask yourself is what you're doing today is where you want to be tomorrow'*

