



What to Put in My Calm Down Box

Blocks	Jump Rope
Book	Legos
Bubbles	Light Up Toys
Calm Down Cards	Markers
Chew Necklace	Mirror
Chewing Gum	Note Cards
Clothes Pins	Paint and Brush
Coloring Book	Paper
Craft Sticks	Paper Clips
Crayons	Photo Album
Chalk	Pinwheel
Dice	Pipe Cleaners
Fabric	Playdough
Felt	Resistance Bands
Fidgets	Scissors
Flashlight	Spray Bottle
Fuzzy Balls	Straws
Glass Beads	Stress Ball
Glitter Jar	Stuffed Animal
Glue	Tape
Hourglass	Tissue Paper

