



CPS Elementary School Counseling

Calm Down Tool Box

For many children, experiencing big emotions can be overwhelming. Often times feelings of sadness and fear are expressed as anger, causing children to lash out in ways that become frustrating to those around them. While anger can certainly be at the root of the problem, this response can also be due to a child's need to control his/her environment and ensure the human body's number one need—SAFETY. This heightened anxiety can be calmed by the modeling and use of coping skills. Have your child create a Tool Box to help with big emo-



Using the Calm Down Tool Box



Worry or Reminder Stones are intended to be used for comfort during times of stress. Children can pull out the stone to rub or hold as a reminder that they are safe and in control. To create a stone, use oven bake clay or find a stone in nature to use and decorate. For instructions, visit: <http://creativeelementaryschoolcourse-lor.blogspot.com/2012/10/worry-stones.html>



Butterflies in the Belly can be a great way to get children talking about their worries and fears. Using different sized butterfly pictures, have your child write different things he/she feels stressed about. Big stresses can be written or drawn on big butterflies, and small stresses on the small butterflies.



Positive Mantra Bracelets can be a great way to get children to apply positive thinking to their worries. Help your child develop a few (no more than 4) positive thoughts to think or say out loud during times of distress. Assign each positive thought to a different color bead. Fill the remainder of the bracelet with the same color beads. Your child can wear the bracelet as a reminder to focus on the positive thoughts during times of distress. For more information on how to create this type of bracelet, visit: <https://shiningkidsyoga.com/blog/2019/3/10/make-your-own-meditation-bracelets-in-easy->



Glitter Bottles can be used to provide a distraction and thus calm the mind. Find an empty water bottle, remove the label and add glitter, glitter glue and jewels. For instructions, visit: <https://www.messforless.net/calming-bottles/>



Worry Boxes are helpful when children feel controlled by anxious thoughts and have difficulty stopping them. Use the box as a place to store worries, so they don't have to think about them. Your child can write his/her worry on a piece of paper, and tuck it away inside the box to be addressed at a later time. Find a time to sit down with your child to talk about his/her fears or worries. Tear up and throw away worries that no longer exist. For ideas on how to create this type of box, visit: <https://www.mummyslittlemonkey.com/2018/06/worry-boxes.html>



Slime is fascinating for kids and very popular due to its sensory qualities. Slime is an excellent tool to use to lower a child's anxiety level. Add some lavender essential oil for an increased calming effect! For instructions, visit: <https://www.thebestideasforkids.com/fluffy-slime-recipe/>