

# Calm Box

- Calm jar
- Cool down cards
- Stress ball
- Playdough
- Markers/crayons/paper
- Book
- Puzzle
- Bubbles
- Lotion –fragrance
- Gum/hard candy
- Music
- Pictures of family, pets, favorite things, favorite places
- Pictures of peaceful scenery (beach, forest, creek)
- Squishy toys
- 1 Spy bottle