



Sensory Box

Why? Designing a 'sensory box' can be a helpful way to learn different self-regulating coping strategies by identifying what things make the person feel calm, relaxed, happy and safe.

A 'sensory box' incorporates things that are important to the individual as well as using all the human senses to identify what things give us those feelings such as smells, images, sounds, touch and body position.

This activity can help you to create your own 'sensory box' of objects that help you to feel calm, happy, relaxed, soothed, warm and safe.

With someone who knows you well, have a think about the things that can make you feel calmer and happier.

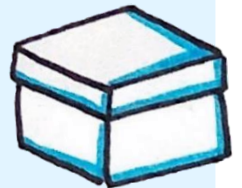
A Multi-Sensory Approach

- Touch
- Sight
- Hearing
- Smell
- Taste
- Spatial/Body position
- Balance



There are lots of ways you can make a 'sensory box'. You need to think about what sort of 'box' you would like to use:

- A shoe box
- A plastic container
- A jar
- A bag



You could personalise your 'sensory box' by decorating the outside of it.

Inside your box you could have:

- Pictures and photos
- Positive self-talk phrases
- Comfort objects or materials
- Colouring and puzzle books
- Bubbles
- Sprays or candles with calming smells
- Calming music or voice recording
- Letters or cards

