

## Make your own Self Soothe Kit

For when you need to get back to feeling more like yourself.

Find a box, pot or bag that you can fill with your favourite things. When you're having a horrible day you can look through what's inside to bring yourself back to a calmer, happier place. Keep your self soothe kit in a special place and don't forget to keep it topped up so it's ready to use whenever you should need it.

Everyone should have one, help someone else in your home to make one too!

Here are some ideas for you to put into your self soothe kit. Use your 5 senses to calm your thoughts in as many ways as you can:



