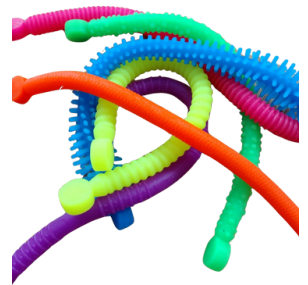




CALM DOWN KIT





Pinwheel

Visual Focus: The spinning motion of a pinwheel provides a visual point of focus for children. This can help distract them from negative thoughts or emotions and redirect their attention to something calming and engaging.

Deep Breathing: Blowing on a pinwheel requires slow, deep breaths. Deep breathing is a simple and effective relaxation technique that can help children regulate their emotions and calm down when they're feeling stressed or anxious.

Sensory Stimulation: The sensation of blowing on the pinwheel and feeling the breeze against their face can provide sensory stimulation for children. This sensory input can help ground them in the present moment and reduce feelings of anxiety or overwhelm.



Sparkle Wands and Sensory Tubes

Visual Distraction: The swirling glitter and shimmering colors inside the sparkle wand can captivate a child's attention, providing a soothing visual distraction from whatever may be causing their distress. This visual focus can help redirect their thoughts away from negative emotions and towards the calming effect of the wand.



Mindfulness Practice: Watching the glitter slowly settle in the wand can encourage mindfulness, as the child focuses on the present moment and the gentle movement of the glitter. This can help them become more aware of their thoughts and feelings without judgment, fostering a sense of calm and relaxation.



Tactile Sensation: Holding and shaking the sparkle wand can provide tactile stimulation, which can be soothing for some children. The sensation of holding the wand and feeling the movement of the glitter can help ground them in the present moment and provide a sense of comfort and security.



Putty

Tactile Stimulation: Therapeutic putty provides tactile stimulation, which can be calming and grounding for many children. Kneading, squeezing, and stretching the putty can help relieve tension and reduce feelings of anxiety or agitation.

Muscle Relaxation: Engaging in activities with therapeutic putty can promote muscle relaxation, particularly in the hands and fingers. This physical relaxation can help release pent-up energy and tension, leading to a sense of calmness and well-being.

Sensory Integration: For children who are sensitive to sensory input, therapeutic putty can provide a regulated and controlled sensory experience. The texture and resistance of the putty can help children regulate their sensory processing and feel calmer and more organized.

Focus and Concentration: Working with therapeutic putty requires concentration and focus, as children manipulate the putty to achieve different shapes or textures. This focused attention can help redirect their thoughts away from distressing emotions and towards the task at hand, promoting a sense of calm and mental clarity.

Stress Relief: Engaging in activities with therapeutic putty can serve as a form of stress relief for children. The repetitive motions of kneading or squeezing the putty can be soothing and comforting, helping children to relax and unwind during times of heightened stress or anxiety.



Feelings Fidget Poppers

Tactile Sensory Stimulation: Feeling fidget poppers provide tactile sensory stimulation through popping bubbles. The sensation of pressing down on the bubbles and feeling them pop can be satisfying and calming for many individuals, helping to reduce feelings of stress or anxiety.

Regulation of Emotions: The repetitive action of popping bubbles can help regulate emotions by providing a rhythmic and predictable sensory experience. This can be particularly helpful for individuals who struggle with emotional dysregulation, offering a structured and calming outlet for releasing tension and pent-up energy.



Mindfulness Practice: Using a feeling fidget popper can also serve as a form of mindfulness practice. By focusing on the sensory experience of pressing down on the bubbles and observing the tactile sensations, individuals can become more grounded in the present moment, fostering a sense of calm and mindfulness.



Fidget Spinner

Tactile Stimulation: Fidget spinners provide tactile stimulation through their spinning motion and the sensation of holding and manipulating the device. This tactile input can be soothing and grounding for individuals who benefit from sensory stimulation.

Sensory Regulation: Engaging with a fidget spinner can help regulate sensory processing by providing a controlled and predictable sensory experience. This can be particularly beneficial for children who are sensitive to sensory input or who have difficulty regulating their sensory systems.

Focus and Concentration: Fidget spinners can help improve focus and concentration by providing a repetitive and rhythmic activity to engage in. For some individuals, the motion of spinning the fidget spinner can help channel excess energy and attention, allowing them to concentrate better on tasks or activities.

Stress Relief: Using a fidget spinner can serve as a form of stress relief by providing a calming and enjoyable activity to engage in. The rhythmic motion of spinning the fidget spinner can help reduce feelings of anxiety or tension, promoting relaxation and a sense of calm.

Mindfulness Practice: Fidget spinners can also be used as a tool for practicing mindfulness. By focusing on the sensation of spinning the device and observing the motion, individuals can become more present in the moment, fostering a sense of mindfulness and inner peace.