Written by a young person (Aged 17)

Your Self-soothe Box

What is a Self-soothe box?

A self-soothe box is a way to distract yourself and it's there to help you through some of the hard times. It is important to centre your self-soothe box around yourself, and adapt this to your own needs.

What is in MY Self-soothe box?

- Puzzle book
- Textured rod
- Massage balls
- Candle (Vanilla!)
- Squishy balls
- Magnetic putty
- Tea!!
- Hot chocolate
- Positive quote book
- Sweets
- Face masks
- Tangle toy

My Favourite Quotes:

'You can't get rid of your fears but you can learn to live with them'

'Worrying does not take way tomorrow's trouble, it takes away today's peace'

'Kindness is free, sprinkle that stuff everywhere'

'Ask yourself is what you're doing today is where you want to be tomorrow'

Other things for your self-soothe box:

- Bath bombs
- Bath salts (sea salts)
- Nail varnish
- Chocolates
- Card games
- Monopoly
- Notes with different ideas for games

