

CALM DOWN BIN FOR TEENS

WHAT IS A CALM DOWN BIN?

When we have intense emotions like anger, worry, and sadness, it is helpful to have strategies that calm our minds and support our emotions. A calm down bin is used to help bring calm and comfort to times of unease. They are created using objects and tools from around the home that can help us to calm our mind.

HOW CAN I MAKE ONE?

Items can be put in a box, bin, or bag and should be kept in the same place at all times so you know where to find it when you need it.



WHAT GOES IN THE BIN

SOMETHING TO SQUEEZE TO RELEASE THE TENSION.



PLAY DOUGH



[HTTPS://WWW.THEBESTIDEASFORKIDS.COM/PLAYDOUGH-RECIPE/](https://www.thebestideasforkids.com/playdough-recipe/)



STRESS BALL

BREATHING ACTIVITIES TO RELAX AND SUPPORT GENTLE BREATHING.

GUM



BUBBLES

SOMETHING TO VISUALLY CALM AND DISTRACT.

CALMING BOTTLE

<https://happyhooligans.ca/ocean-in-bottle/>



SAND TIMER

FAVOURITE ACTIVITIES TO CALM AND DISTRACT.



COLOURING

BOOKS



PUZZLES OR GAMES





CREATE A CALMING PLAYLIST

PODCAST TO HELP CALM

A FAVOURITE ITEM TO BRING COMFORT.



STUFFED TOY



BLANKET



PILLOW OR CUSHION

ANYTHING ELSE THAT CAN BRING COMFORT AND REDIRECT
ATTENTION TO CALM.