

## Curriculum Share

DRDP Measures: Self-comforting, Self-control of Feelings and Behavior, Social and Emotional Understanding

Age Group: older two's-preschool-age

## DIY Calm Down Kit

Calm down kits can help children find tools and strategies to help regulate their emotions and behaviors. These kits can not only be used in the classroom, but families can also use them at home.

\*always consider your child's individual sensory needs and interests.

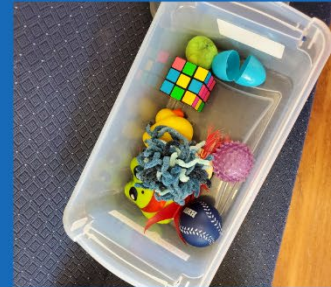
01

Find a container or bag to keep all your tools.



02

Add items that encourage your child to use their senses. Ex. feathers, squishy-balls, large pom-pom, bubbles, calm down bottle +more.



03

Add books or cards about emotions. \*Add a journal for older children.



04

If possible, find a quiet area in the home that your child can use.

