

IDEAS WHEN CREATING A CALM CORNER

- Theraputty
- Playdough
- Tangle toys
- Stress ball
- Bubble wrap
- Weighted items *like weighted lap pad, snake, blanket*
- Soft blanket
- Favourite cuddly toy
- Cushions
- Bean bag
- Magazine
- Photo album related to special interest
- Catalogues or books
- Small figurines
- Volcano lamps
- Light up toys
- Kaleidoscope
- Puzzles
- Colouring books/art pad
- Sticker books
- Calm jars or sensory bottle
- Bubble tube or bubbles
- Chew items
- Resistance bands
- Music
- Ipad with calming apps
- Headphones
- Tent
- Massage cream
- Fidget spinners/toys

