

Guide for Creating a Feel-Good Box


Having a feel-good box can help us cope when we feel sad, worried or stressed.

You can make your own feel-good box using this guide. Or parents can support you to follow this guide.

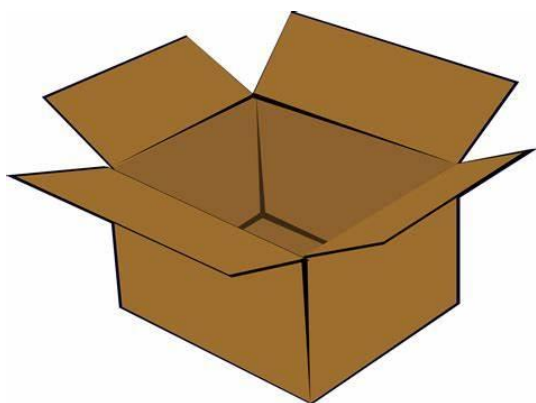



Sight/ Vision

These are the things I like to look at: -



What I will put in my feel-good box that will be nice to look at: -



Some ideas are: -

- Favourite photos or pictures
- Magazines or books
- Sensory items such as snow globes, glitter tubes, liquid timers.
- Colourful kaleidoscope
- Glow sticks

Adapted from our colleagues in NHS Pennine Care and NHS Ayrshire and Annan



Hearing / Listening

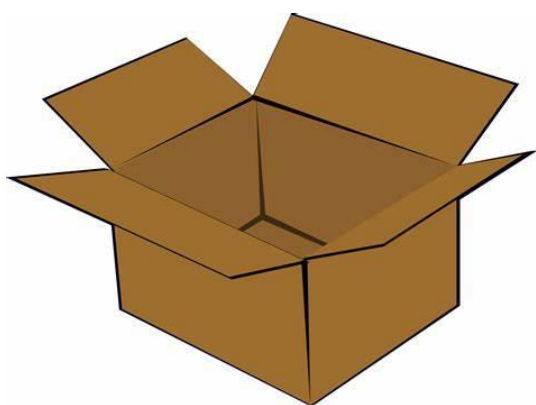
These are the things I like to listen to: -



I can pick nice relaxing or interesting sounds.

What I will put in my feel-good box that will be nice to listen to: -





Some ideas are: -

- Relaxing playlists.
- A playlist of my favourite "feel good" songs.
- Sensory items such as rattles and rainmakers.
- Flashcard reminders to STOP and listen to all of the different sounds around me.

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Smelling / sniffing

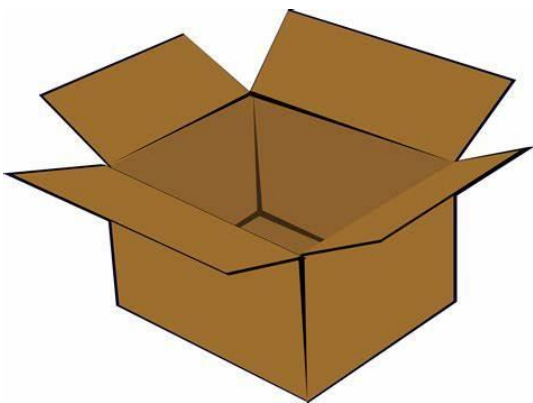
These are the things I like to smell: -



I can pick some nice relaxing smells or very strong smells.

What I will put in my feel-good box that will be nice to smell: -





Some ideas are: -


- Coffee beans.
- Nice smelling perfume / aftershave.
- Scented hand cream to use and smell my hands.
- Essential oils / bubble bath.
- Scented pens/ pencils / crayons.

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Tasting

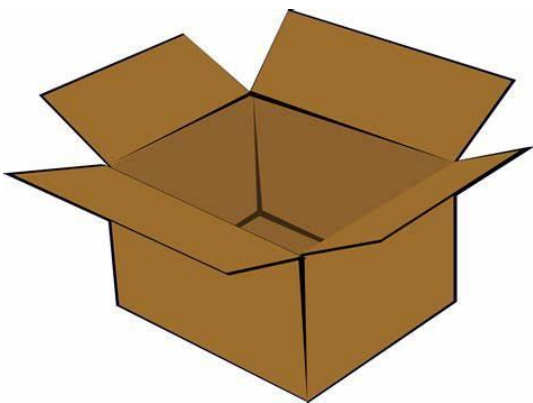
These are the things I like to taste: -



I can pick some nice tastes that help me feel good or pick some strong tastes that might take my mind off difficult things.

What I will put in my feel-good box that will be nice to taste: -





Some ideas are: -

- Chocolate.
- Strong mints
- Strong sweets (maybe sour tasting)
- Herbal tea bags

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Touch/ Feel

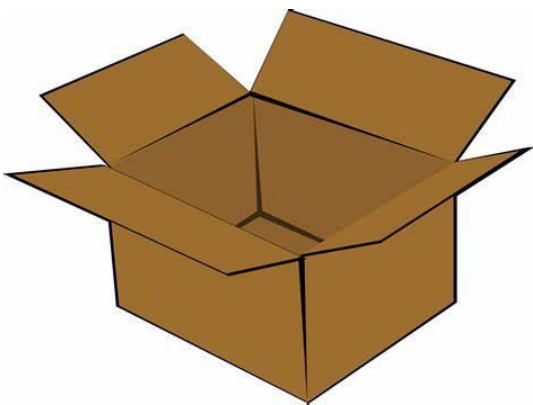
These are the things I like the feel of: -



I can pick things that feel nice to touch, hold, put on mu body.

What I will put in my feel-good box that will be nice to touch: -





Some ideas are: -

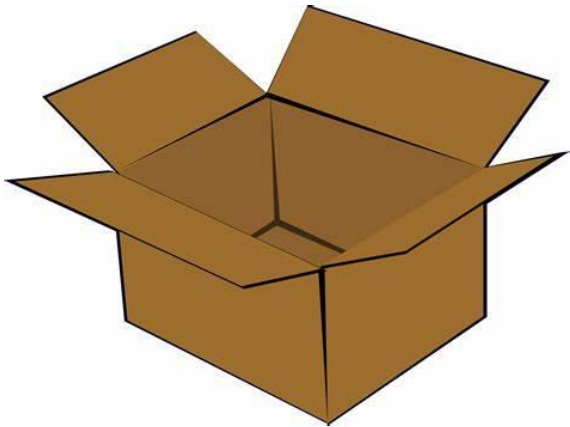
- Soft, fluffy items or fabrics
- Stress or squashy balls to squeeze.
- Hand cream to massage my hands and arms
- Bubble wrap to pop
- Fidget cube or spinners
- Stretchy items like resistance bands
- Pots of slime or playdough
- Weighted items e.g. lap pad or shoulder wrap

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Other things to put in my box to help me calm.



Some ideas are: -



- Colouring books
- Puzzle books
- Reminder cards e.g. go for a walk, draw/write my feelings, phone a friend, have a bath, do deep relaxed breathing, do 10 minutes of yoga, anything else!
- Coping cards with words like e.g., "this feeling will pass" or "you will get through this".
- Bottle of water

What other things I will put in my box: -



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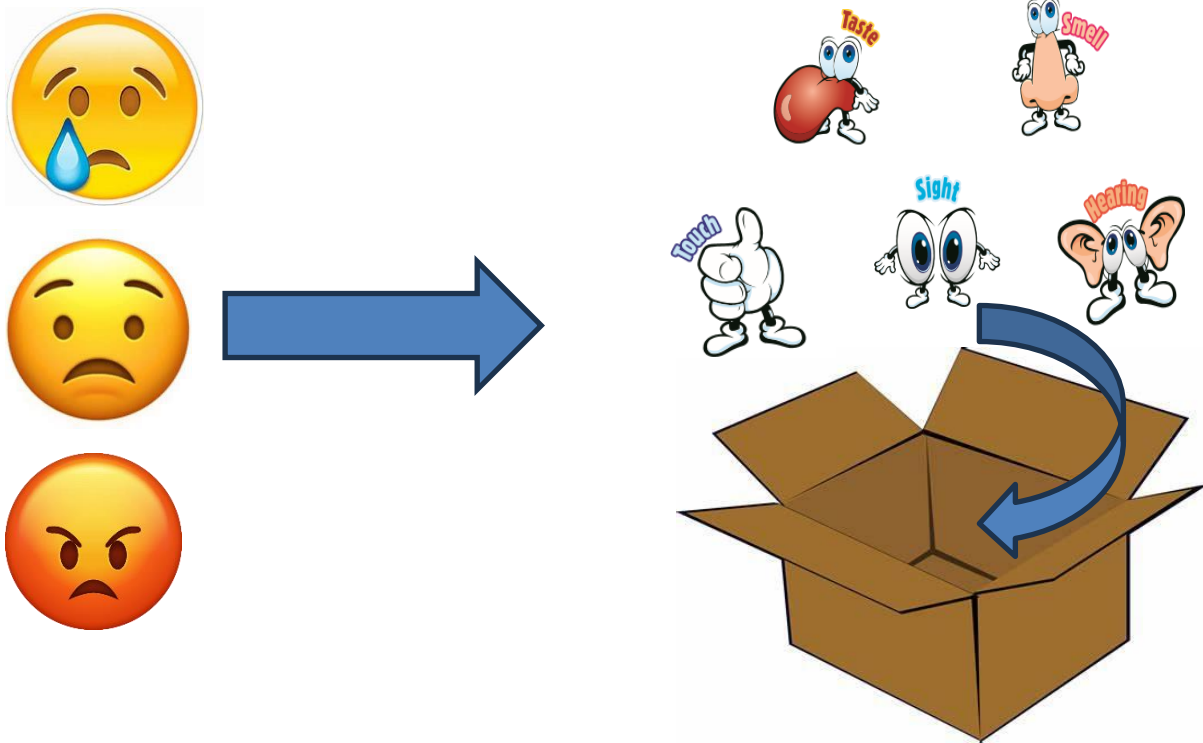
Putting it all together

I can put all the things I have picked into a box to help me feel better when my feelings are getting too big.

I can go to my box to help me feel calmer. This might help keep me safe.

I can call my box whatever I want (feel-good box, sensory box, calm box, self-soothe box).

I can think about where is the best place for the box to go, my bedroom or somewhere else?



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Putting it all together

I can pick a lovely box or decorate a box so it's nice to look at!



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