



Wellbeing

Other Documents That I Could Add to This Section:

- Nutrition Log
- List of Community Resources
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Calm Down Toolkit

A Calm Down Toolkit is full of self-care items to distract and self-soothe during times of stress or distress. Make one for yourself and one for your child/teen! Your kit could be a box or a bag. Get creative- you could even decorate your kit!

- Cozy socks
- Soft blanket or weighted blanket
- Stuffed animal
- Noise canceling headphones
- Coloring book, crayons or colored pencils
- Hobby or craft item, scratch art
- Puzzles/brain teasers
- Book or audiobook, movie or music
- A protein snack
- A drink with electrolytes
- Herbal tea bags or cocoa
- Play dough
- Stress ball, fidgets, pipe cleaners, spinning top
- Chewing gum, lollipops, chew toy/ chew necklace
- Harmonica
- Calm down jar, snow globe, light up toys
- Hand lotion, bubble bath, face mask, or nail polish
- Scented candle, essential oils, or scratch and sniff stickers
- Hot or cold therapy packs
- Mini massager
- Yoga poses/ yoga activity cards
- Stretch resistance bands or other small exercise equipment
- Bubble wrap – pop your stress away!
- Journal or notebook and pen
- Photos or mini photo album
- Kleenex- its ok to have a good cry!
- Uplifting messages from family or friends
- Funny or uplifting sayings, quotes or poems
- Therapy worksheets or a self-help article.
- A letter to self – to comfort and guide yourself in times of trouble.



Use an app like the **Virtual Hope Box** which includes sections like: Distract Me, Inspire Me, Relax Me, and Coping Tools. Do fun activities and use mindfulness tools. Put photos, videos, recorded messages from loved ones, inspirational quotes, and music in your Hope Box.





Food, Energy, Exercise and Sleep

Name _____ Dates ____/____/____ to ____/____/____

	Food and Nutrition	Energy 0-5 (zero is low energy, five is high energy)	Exercise or Physical Activity	Hours of Sleep (10:30 pm to 6:30 am)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				