

CALM AND REGULATION KIT

Personalised tools for comfort, communication and regulation

Build the kit with the person - not only for the person.

Choose a few familiar items that match the person's sensory preferences, communication, age and health needs. Offer choices. Never force an item that causes distress.



LOOK AND FOCUS

- Sensory bottle or slow-moving visual timer
- Favourite book, photo cards or calm picture
- Bubbles, pinwheel or simple tracing card
- Eye mask or dim-light option if preferred



LISTEN OR REDUCE SOUND

- Noise-reducing headphones or ear defenders
- Calming music, nature sounds or audiobook
- Quiet-space card or "sound off" choice
- Recorded reassurance in a familiar voice



TOUCH AND PRESSURE

- Stress ball, therapy putty or safe fidget
- Soft fabric, textured item or familiar toy
- Cushion, body sock or resistance band
- Weighted items only with professional guidance and supervision



MOVE AND RESET

- Stretching, wall pushes or chair push-ups
- Marching, jumping or a supervised walk
- Carry, pull or push a safe object
- Slow breathing card or movement-choice card



SMELL TASTE AND MOUTH

- Water bottle or familiar safe snack
- Chewy tool if assessed as appropriate
- Mild familiar scent only if tolerated
- Avoid choking hazards, allergens and strong oils



COMMUNICATE AND CONNECT

- "I need a break," "Help me" and "Stop" cards
- Emotion scale, body map or AAC support
- Name of a trusted person to contact
- Simple first-then or now-next visual

USE THE KIT EARLY - BEFORE DISTRESS BECOMES A CRISIS

Keep it accessible. Practise when calm. Replace damaged or unsafe items. Stop any strategy that causes pain, breathing difficulty, choking risk, skin reaction or increased distress.