

## Calming Kits Introduction to the project

Say, "Each one of us feels worried or angry, frustrated or frightened at times. Learning to identify our feelings and develop strategies for responding to big emotions helps us do well in life. It gives us clear thinking to do our work and to respond reasonably to the people and situations around us. Being aware of our feelings and the feelings of others is key to respectful conversations and creating a kind and respectful classroom community. We are going to help others understand their feelings in a service project to make our community a more peaceful and loving place for everyone."

Show students pictures of a lake that is calm and one that is stormy. Discuss the meaning of the word *calm*. Invite the students to think about a time when they were really upset and what they did to calm themselves down. Tell them, "We are going to create a calming kit that can be used to help people in our community calm down when they are feeling big emotions." Discuss how this helps make our community better. Decide together who you will donate your kit to, such as another classroom or preschool, fire station, nursing home, or hospital.

### Calming Kit Contents (in a decorated small repurposed box):

- Instruction sheet to describe how to use the kit
- Feelings check-in chart so they can reflect on how they feel before and after they use the calming box
- Timer to help the user set a time limit and return to the group activity, if desired
- Several options of items to fidget with (a variety gives users a choice)

### Preparation for Making Calming Kits to Donate

1. Duplicate and laminate the "Instructions" and "Check-In Chart" for each kit.
2. Have students and the art teacher help you gather materials and set up stations with a copy of the DIY directions for each of the items you want to put in the kit. Some of these materials are purchased, and most are recycled or donated from home. Students may donate other fun items for the boxes.

- Shoeboxes or smaller boxes
- 12" round balloons
- Flour, corn starch, or baking soda
- Cheap hair conditioner
- Food coloring
- Small glass bottles with sealable lids
- Pipe cleaners
- Craft sticks
- Beads
- Silky, stretchy, and mesh fabric (from used clothing ready to donate)
- Colored card stock
- Markers, scissors
- Sewing supplies
- Narrow duct tape or washi tape
- Gently used coloring books and crayons
- Clear school glue
- Water beads, opt.
- Baby oil or cooking oil
- Plastic bottle (funnel)
- marbles
- clay

