



Scenario Cards for Using Self-Soothe Boxes (SESSION 8)

I feel like I've got lots of energy to burn off but it's raining so I can't go outside.

I'm crying a lot today and I don't really know why. I just feel sad.

My brother won't stop winding me up. I feel like I want to hit him!

I'm really tired but just can't sleep tonight because I'm worrying about different things.

*** Remember to encourage children to speak to a trusted adult to share their feelings, as well as using their self-soothe box to help them to calm. ***