

Create a Calm Box

A simple tool to help with big feelings

When your child feels worried, scared, or just full of big feelings, a Calm Box can help. It gives kids a simple way to find their calm and can help you start those important conversations.



Instructions



1 Find a box

A shoe box, basket, small tub, or whatever's handy will do.

2 Decorate

Add stickers, drawings, or a colorful name tag.

3 Fill with items

Let your child pick things that help them feel calm.

Choose 1–2 things from each section:

- Something to smell, chew, or eat
- Something to look at, listen to, or read
- Something to squeeze, squish, or hug

When tough feelings come up, try saying:
“I see you’re upset. Would a hug help, or would you like to choose something from your calm box?”

Why it matters

A Calm Box gives kids a way to calm themselves when dealing with tough things. It also opens the door for real talks. Once they feel settled, you can offer hugs, gentle questions, and loving support.

A Calm Box is just the beginning

BrightLife Kids is here for those moments. Our coaches provide free tools and guidance so kids can open up and parents can feel confident leading the conversation.

All the tools for all the feels



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