



Firefly Counseling NC
Community, Creativity, Education, Empowerment

CARE KIT

Parenting can be complex. Creating a Care Kit with our kid can be a great tool of empowerment. They can use it when studying for a test, struggling with focus, feeling big feelings, or more. Pencil cases, makeup bags, lunch boxes are all inexpensive ways to have a self-soothing kit. Below are some ideas of items to include. **GREAT for adults too!**

This kit is also powerful to use during distress. If you think of emotions 0-10. Zero is being calm, able to think and communicate and make decisions. Ten is the most intensity whether rage, panic attack, fear, overwhelmed. When between a 7-10, a person is either no longer able to think logically, process, or communicate or does not need to process or communicate due to emotions being so intense.

This **Care Kit is empowering** and helpful due to it being sensory based. Generally speaking, anxiety is about the future, and depression is about the past. When using Mindfulness skills, they are about all 5 senses which zooms the brain to the present, focusing on the senses instead of the rage or panic.

This Care Kit allows your kiddo or yourself to care for yourself whether needing focus, stress relief, or recovery from distress.

Sour Candy	Eating something super sour (or spicy, ie.hot sauce packets), refocuses the brain and can help get out of a panic, anger, or anxiety attack. It is also helpful during the day to reset the brain. Some ideas Sour Patch Kids, WarHeads, Hot Sauce. *
Gum	Chewing aggressively to relieve stress or anxiety. The taste is also a sensory focus.
Stress Balls/ Fidget Toys	Helps take frustration out on or energy or anxiety.
Water Beads	This is something soothing to touch. It can help with focus and with relaxation. It can help pace breathing and reset the brain.

SI Hotlines	<p>Text 988 suicide hotline.</p> <p>Another option, can also text: Trevor Project hotline, which can be accessed by texting "START" to 678-678 website: https://www.thetrevorproject.org/get-help/</p>
Fuzzy Blanket	When feeling overwhelmed, having a cocoon is very Helpful. This allows a favorite texture and a moment to shut everything out. During the day, it can also just be a blanket to have on or pet to self soothe and remain engaged.
Weighted Blanket	The weighted blanket allows sensory comfort and a way to tune out other stimuli. It can be used throughout the day, even when not in distress or when smaller frustrations are occurring.
Crunchy Food	This is a sensory experiences, using all 5 senses. It's great for relaxation and to help the brain refocus. Some ideas popcorn, such chips bag, nuts.

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* I am not paid for nor endorsing these specific brands. Use what is safe for you.