

A cuddle box to support positivity and wellbeing

For a positivity boost, try making a box filled with things that look and feel comforting and positive.

Allow time for children to independently access these resources in the setting as they can help them feel calm and relaxed. Talk with the children about what's in the box and how it can support how they are feeling.

You can use the following:

- ✓ A shoe box or a similar size box
- ✓ Craft materials for child/children to decorate box



Fill your cuddle box with positive things, here are some ideas:

- Photographs of people or animals you love
- Soft teddy
- A fidget toy
- A book
- A pebble
- Bubble wrap
- A small favourite toy
- A piece of interesting fabric
- Feathers and cotton wool balls
- Stress balls
- Bean bags
- Slime
- Hand cream
- Weighted items (eye pillow, blankets or balls)
- Cards with breathing exercise reminders or mindfulness activities
- Bubbles
- Comforting smells for example lavender and camomile
- Playdough or aroma doh
- Shells

How to use the box

Place them in an area or space where there is limited noise and less distractions. These spaces can give young children a sense safety and security.

Encourage your child to practise exploring the items in the cuddle box when they're calm. Have your cuddle box in a handy place, that is easy to get to when you need it.

With time, your child can start using the cuddle box when they're upset. Prompt them to explore their box during these moments. If you want, join in with using the items inside. Together, you'll get to know which objects help soothe your child.

A great idea for the child's key person to use when they have their daily one to one time with individual children.