



Creating a Classroom Comfort Box

Children can experience many types of stressors from school, home, and neighborhood environments. Teachers can use a comfort box as a tool to help soothe children who are feeling sad, scared, anxious, or angry.

Find the items that work best for the children in your classroom. Here are some examples:

Soft Items:

-Make soft dolls or stuffed animals available for children to hold. Puppets can be a helpful tool in helping children to discuss their feelings.

Photo Albums:

-Create some mini-photo albums featuring pictures of the children, their families, teachers, and pets.

Books:

-Include children's favorite books and books about different types of feelings.

Squeeze Toys/ Stress Balls:

-Add in small items that children can hold in their hands that allow them to squeeze, pull, or push.

Feeling Activities:

-Put together a variety of pictures of people expressing different emotions, a feelings wheel, and an unbreakable mirror.

Opportunities for Self-Expression:

-Include a clipboard with paper and crayons for children to scribble or draw a picture. A dry-erase board or drawing toy can also be used.

Stress/Wave Bottles:

-Create a variety of bottles for children to shake and watch by filling clear plastic bottles with food coloring, glitter, vegetable oil, etc. Hot glue the bottle tops for safety.

Soothing Music:

Allow children to listen to music with headphones. This can be done during naptime or at anytime during the day as needed.

When creating a classroom comfort box, talk with the children in your class about what helps them to feel better. Incorporate these suggestions.