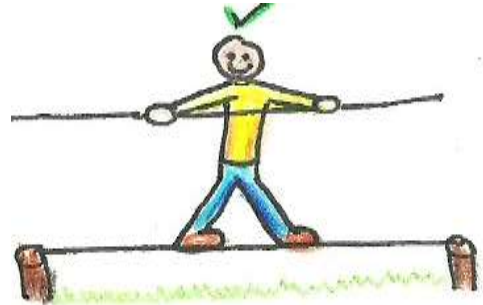
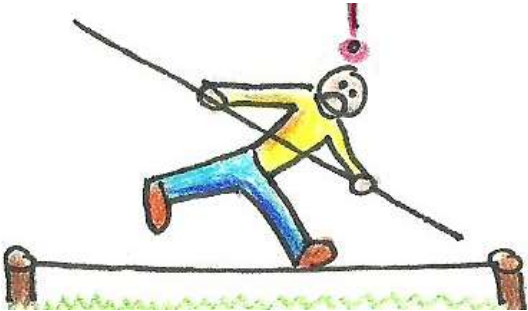


Calming Object Library

By [Rachel Marie – Learning and Behaviour Consultant](#)

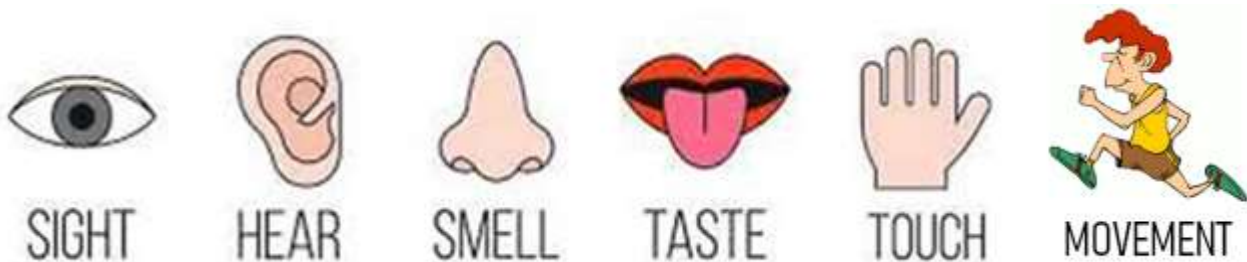
When we are overwhelmed or off balance, **certain objects can help us calm** and rebalance



These calming objects help because they **pull our attention away from the negative feelings**, and **refocus** that attention onto the **positive or relaxing sensory experience**:



Objects that are calming strongly **engage our senses with a positive stimulus** through:



Below is a **library of suggested calming objects** for each of these six senses. Since each person is unique, **some items will work better for you than others**. Therefore, it is suggested that you **experiment** with different objects **to discover what works best for you**.

 Sight



Artwork



Mobiles



Drapes / Curtains



Lava Lamp



Sun Catcher / Stained Glass



Fairy Lights / Christmas Lights



Family Photos



House Plants



Pets you can watch



Hear



Open a Window



Water Fountain



Rain Stick



Noise Canceling Headphones



White Noise Machine



Audiobooks



Wind Chimes



Musical Instrument



Listen to Music



Smell



Bath Bombs



Diffuser / Essential Oils



Candles



Open a Window



Fresh Flowers



Potpourri



Scented Markers / Pencils
Created by Rachel Marie – B.Ed.
[Learning and Behaviour Consultant](#)



Scented lotion



Room Freshener

Download this resource and others at
[Heart & Home Consulting](#) or [Quirky Resource](#)



Taste / Mouth



Fizzy Water



Use a Straw



Tea / Warm Drinks



Hard Mints / Candy



Popcorn



Sunflower Seeds



Gum



Teething Necklace



Bubbles



Touch



Sequins Pillows



Clay / Playdough



Stress balls / Fidgets



Soft and Textured Pillows



Shag Carpet



Blankets



Stuffed Animal



Family Pet



Fan



Movement



Rocking Chair



Hammock



Swings



Exercise Ball



Pull up / Chin up bar



Balance Disk / Pads



Resistance Band



Trampoline



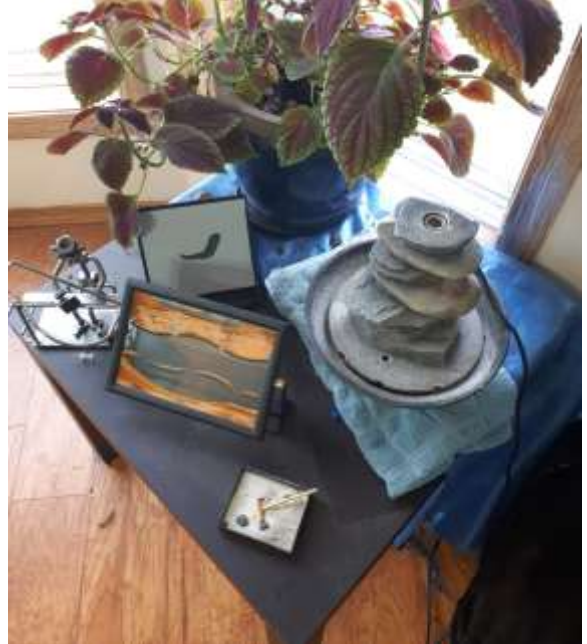
Tight Space / Squish Spot

Put Your Objects Where You'll Use Them

When feeling overwhelmed, it can be hard to remember to use calming objects that help you. Therefore, it is useful to keep them in places where you can easily see and reach them when you need, so you don't have to think about it. Some suggested spots:



In a basket



Out on a table



Throughout a room

Want to Learn More?

Check out our [Resource](#) Page and see some of our other Regulating resources



For some tips on how to set up your room, check out:

- [Structured Spaces for Teens and Adults](#)
- [Structured Spaces for Children](#)

For some more tips on how to become calm when you're overwhelmed check out our printable: [Back in Balance Brochure](#)

Want to make some of your own calming objects? Read about it here:

- [Top 5 Calming Tools You Can Make at Home](#)

Got questions? Let us know www.heartandhomeconsulting.com/contact/