

5 Calming Tools You Can Make at Home!

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

Many people find that when they are overwhelmed it is **helpful to use objects and “tools”** to help them **calm down**. There are so many great options out there to explore, it can be hard to know where to start. **Here are five great DIY projects** (and one bonus one at the end) **to test out as you figure out which tools work best for you:**



***As a note: each item is made sit you can create smaller versions which can be stored in a pencil case (as pictured) to create a “calming kit” (read more about that later).

Happy creating!

1. Glitter relaxation jars



Sensory toys like this liquid hour glass, and sand art (pictured left) are relaxing especially for those who are visual.

Unfortunately, they have often been difficult to find, and at times expensive.

Luckily, you can make your own!

Glitter calming jars are cheap, easy and fun to make, and can be personalized with different colors and glitters. Smaller jars can be used to make pocket sized portable ones, and larger jars used for at home.

Here's a [video](#) to show you how to make yours

What you need to make one:



Want to get more creative? Check out all the different styles and ideas up on [Pinterest](#).

2. Playdough



Sometimes classics are classics for a reason!

Many people choose to make vs. buy playdough because it is cheaper and has natural ingredients. Making it can also be a fun family activity.

Here's a quick how to [video](#) which also includes a recipe in its description.

What you'll need to make your own:

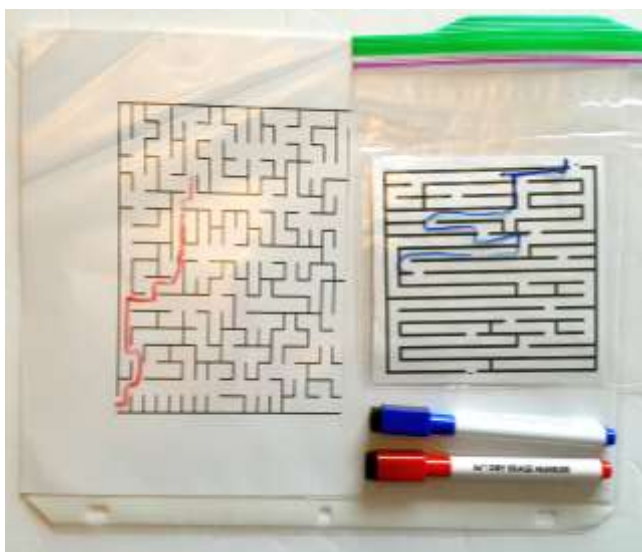


Once you've made your playdough you can personalize it with things like food coloring, glitter or essential oils.

These can also involve other senses by using calming smells or interesting visuals (ie glitter)

3. Reusable Mazes

Many free mazes can be found using a quick google search. These can be made reusable by printing them on cardstock, and using some simple supplies:



Full size pages can be put in a page protector, and smaller sizes into a ziplock

Both can then be drawn on using dry erase markers, or traced with a finger.

To make smaller sizes, copy and paste your desired mazes into a word processor and shrink them down to your desired size before printing.

4. Bracelet Kits



Bracelet making is a creative, versatile calming tool, with many different patterns to try.

It can also be a helpful tool for those who struggle socially, because made bracelets can be given as gifts to others, making a positive connection between the giver and receiver.

You can create a “bracelet making kit” to take out with you using a few simple supplies:



Embroidery Thread and safety pins are easily found at most dollar stores.

The instruction booklet pictured above can be found at the end of this blog. After you've printed it here is a [video](#) explaining how to fold your booklet.

5. Sandboxes



So called “Zen Gardens” are a popular (but expensive) calming item.

A small rake is used to create patterns in a sandbox which may also have stones to draw around.

With a few simple items you can make your own



Set up is simple: put the sand in a container, and use a fork or skewer as your “rake” to draw patterns.

You can choose any container size you like. Pictured left is a smaller compact version created using items found at the dollar store, made to be taken out.

Other things such as essential oil, glitter, or gems can also be added to your box to personalize and / or make it more interesting.

Bonus Item! DIY Magnetic Poetry

Magnetic Poetry is a fun, low pressure way to express oneself through writing by arranging words to make poems.

You can buy many different themed versions online, but you can also easily make your own! What you'll need:



To assemble:

1 - Print your word list
(Provided bellow)



2- Cut out your words



3- Stick words to the magnet
Cut them apart



And with that you're ready to go! Stick your magnets to your fridge, or use a cookie sheet (as suggested in the supply list) to make for easy transport and storage.

Why Make Vs. Buy?

There are **many advantages to making your own** items and **having your child make theirs**:

1. You can make it however you want! **It will fit your taste perfectly** with your favorite colors, smells and style
2. You can **eliminate colors and smells that bug you**. If you have sensory sensitivities to certain things, you can make sure your tools won't bother you
3. You may find a **new favorite activity!** Many of these items are super fun and calming to make, and you make want to keep doing it.
4. You can **make a bunch at once!** These can be stored in different places around your home or given to others. Spread some calm around.
5. It'll get **used more often** because it's *yours*: you made it, you like it, you'll use it! Your **child will also be excited to use something THEY made** and are proud of
6. You can **make small ones to take out** and about with you. I call this a **"calming kit"** which can be stored in your purse, backpack, bag etc... and used next time you feel overwhelmed somewhere unexpected.



What else would you keep in your kit?

Want to Learn More?

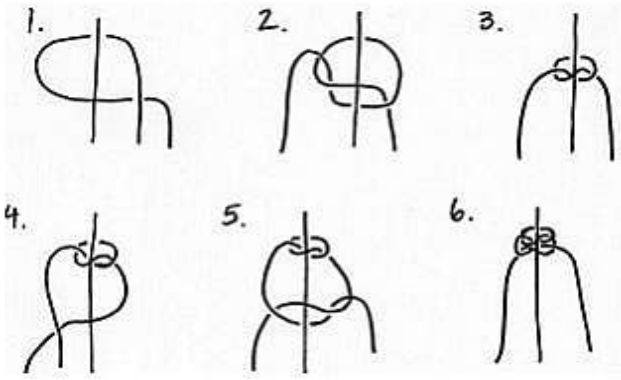
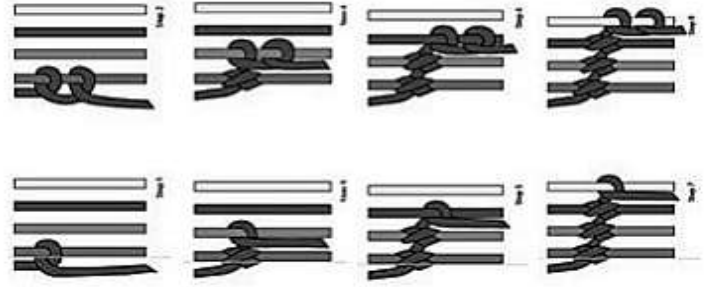


Check out our [Resource](#) Page and see some of our other Regulating resources

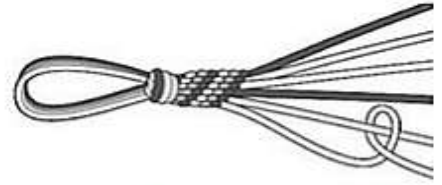
Got questions? Let us know www.heartandhomeconsulting.com/contact/

Square Knot

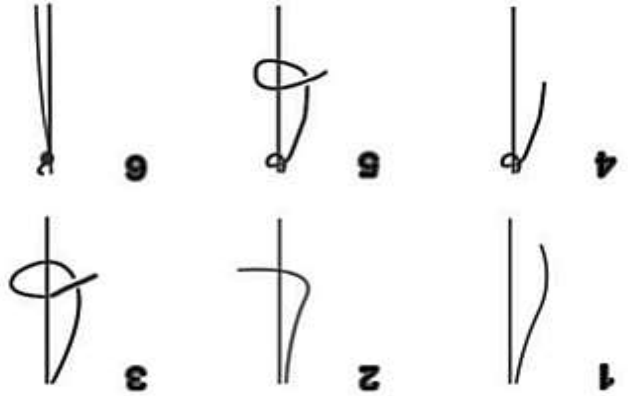
Left cord over the two middle cords. Right cord over the left cord, under the two middle cords and through the loop formed by the left cord. Pull both until the knot tightens. Right cord over the two middle cords. Left cord over the right cord, under the two middle cords and through the loop formed by the right cord. Pull both until the knot tightens.



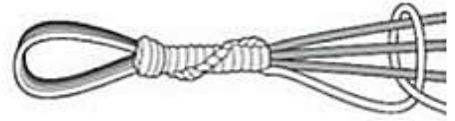
Diagonal



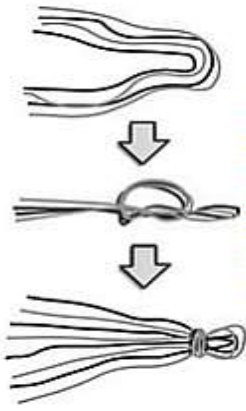
Loop string 1 around string 2 as shown, above, pulling tight toward top. Repeat. Use string 1 to make 2 knots each on strings 3, 4, 5, and 6. String 2 will be on the end. Repeat process with all 5 remaining strings.



Staircase



Loop one string around all other strings or groups of strings, pulling knot tight toward top. Repeat. As spiral pattern appears, reposition bracelet, if needed, so you're still knotting in front.



Set up

Measure your strings (about arm width)
Cut all strings the same length. Fold in half
Tie together at the top
Anchor your bracelet using tape or safety pin



Bracelet Patterns

so	you	which	do	to
we	will	old	es	too
to	I	new	woman	free
who	soon	with	she	ask
was	say	world	man	my
were	use	young	he	why
when	how	than	child	above
no	now	ly	shimmer	below
look	yet	less	but	and
girl	boy	wake	those	more
smile	ocean	pie	poetry	look
sail	worry	do	not	family
best	worst	watch	love	learn
stay	same	sound	though	suit
never	always	were	see	work
queen	zoo	soft	unless	moon
once	old	king	swim	stars
bark	later	house	roof	until
laugh	cry	chase	whisper	shout
tire	d	ed	skip	went
fall	jump	cool	song	talk

around	some	work	sky	know
under	only	rhythm	smile	he
the	so	thing	son	word
then	up	think	sun	time
there	down	web	it	open
the	we	warm	has	circle
space	tree	today	them	brother
your	will	wild	go	blue
and	on	s	es	heart
breeze	wear	blink	pool	sister
! ?	only	vast	hero	super
dad	of	the	mom	friend
take	for	me	leaf	change
let	us	want	give	copy
with	the	ed	write	nice
boat	pig	cake	time	upon
book	lion	sea	run	walk
scary	noise	time	day	night
call	said	laugh	dream	teacher
cold	warm	winter	spring	summer
red	story	this	is	the