



ARRSD Comfort Care Bags

This kit contains some useful items to help children and families to have fun and learn positive ways to cope with stress & anxiety.

Here is a list of the items included and their basic use:

- **Writing Journal/ Sketchbook-** Children can use their journal to write how they are feeling and their sketchbook to draw those feelings. Have them share their thoughts or show you their drawings.
- **(6)Mechanical Pencils-** Children can use these to write in their journals or draw in their sketchbook. Scribbles/ Doodling or Creative Writing are great stress relievers!
- **Crayons/ Coloring Pencils-** Children can draw/color in their sketchbook, concentrating on their creations will help ease their anxiety.
- **Bubbles-** Using deep breaths to blow big bubbles is a relaxing motion for children. Concentrating on the task to blow BIG bubbles and filling up their lungs with air will help them relax.
- **Play-Doh-** Squeezing the Play-Doh as hard as they can and letting it squish between their fingers is soothing for children as it uses a lot of their tiny muscles.
- **Stress Ball-** Depending on their stress level, children can squeeze the stress ball very hard or bounce it. Manual manipulations have been shown to relieve stress on children as well as adults.
- **Fidget Stick-** Twisting, wrapping or bending these is a great way to calm an anxious child.
- **(5)Fruit Snacks-** Chewing these gummies with “hard chewing” motions can be stress relieving due to the use of the muscles in their faces.
- **Finger Puppets/ Erasers/ Stampers-** These are great for pretend play and to interpret their surroundings.