

# SEND Toolkit

## Social, Emotional and Mental Health

Early Years



**The Calm Down Kit**

In the environment, have calm down kits that children can access when they feel anxiety, stress or boredom. This can be used alongside children to work through uncomfortable feeling and should often include fidget items, visual support, bubble and books. Be as creative as you like with this kit and involve children in finding things that soothe their moods.