



Numb Box

The numb box can be used for all ages, even adults. The contents may vary depending on the individuals and the age. Here are some possibilities for what you may include:

1. Lemon to bite
2. Ice to suck on or to place on area wanting to harm
3. Take a cold shower
4. Band aids to place where the body is experiencing the emotion
5. Bubbles or pin wheel to facilitate deep breathing
6. Timer to challenge yourself to wait 15 minutes before injuring and another 15 minutes and another 15 minutes...
7. Loud music to listen to
8. sensory toys (soft, rough, gooey, sticky)
9. Ginger root or crystalized ginger to taste
10. Journal
11. Book to read
12. Action movie or adventure
13. coffee beans, vinegar, vapor tub to smell
14. Need a hug card
15. List of things to clean
16. List of exercises to do
17. Magazine or material to tear up
18. Positive cards or letters received in past
19. Stuffed animal or action figure to talk to
20. Rubber band to pop
21. Body stretches sheet
22. Phone #'s to call a friend or support person
23. Lotion to massage into arms and legs
24. Tea for hot tea to drink
25. Sour candy
26. Spicy snack

