



## Sad Box

The sad 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. Bubbles or bath bomb for soothing bath
2. Bubbles or pin wheel to facilitate deep breathing
3. Book to read with a happy ending
4. Band aids to place where the body is experiencing the emotion
5. Funny Movie to watch
6. Timer to challenge yourself to wait 15 minutes before injuring and an other 15 minutes and another
7. Play or spend time with a pet, friend, or sibling
8. Items related to your hobby (puzzle, crochet, painting, legos)
9. Favorite blanket
10. Journal
11. Coloring books
12. Stuffed animal or action figure to talk to
13. Lotion to rub on areas you want to harm
14. Need a hug card
15. Happy socks
16. Marker to draw a butterfly on as a reminder of self love
17. \$10 for a special treat
18. Positive cards or letters received in past
19. Favorite song lyrics
20. Rubber band to pop
21. Tissue for crying
22. Phone #'s to call a friend or support person
23. Scent that brings a pleasant memory
24. Tea or coco for soothing beverage

