

List of Items to Start a Successful Calming Space

PreK – 2nd

TIP: Ensure the space is comfortable.

- Timer
- Manipulatives (stress balls, puzzles, fidget items, etc.)
- Liquid Motion Bubbler/Glitter Wands
- Emotional Feelings Cards
- Coloring Books
- Crayons, Coloring Pencils, etc.
- Kinetic Sand Tray
- Appropriate Books
- Stuffed (weighted) Animals
- Bean Bag or other Appropriate Seating
- Headphones
- Tablet with Preloaded Music and Videos (no internet access)
- Calming Posters

3rd – 5th

TIP: Ensure space is separate but monitored.

- Timer
- Manipulatives (stress balls, puzzles, fidget items, etc.)
- Emotional Feelings and Choice Strategy Cards
- Coloring Books
- Crayons, Coloring Pencils, etc.
- Kinetic Sand Tray
- Appropriate Books
- Bean Bag or other Appropriate Seating
- Headphones
- Tablet with Preloaded Music and Videos (no internet access)
- Breathing and Grounding Strategies (with instructions)
- Mini Etch-A-Sketch

6th – 8th

TIP: Ensure rules to utilize are clear.

- Timer
- Manipulatives (stress balls, puzzles, fidget items, etc.)
- More intricate Coloring Books
- Coloring Pencils
- Kinetic Sand Tray
- Bean Bag or other Appropriate Seating
- Play-doh/Putty/Clay
- Noise Canceling Headphones
- Tablet with Preloaded Music and Videos (no internet access)
- Calming Activity Cards/Thumbball (with instructions)
- Paper and Envelopes (Reflection)
- Palm Massager

9th – 12th

TIP: Ensure expectations are clear

- Timer
- Manipulatives (stress balls, puzzles, fidget items, etc.)
- More intricate Coloring Books
- Coloring Pencils
- Kinetic Sand Tray
- Bean Bag or other Appropriate Seating
- Play-doh/Putty/Clay
- Noise Canceling Headphones
- Tablet with Preloaded Music and Videos (no internet access)
- Journaling Prompts
- Paper and Envelopes (Reflection)
- Small puzzles or crosswords
- Palm Massager

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