

Creating a Comfort Care Kit for Kids

A comfort care kit for kids can help children cope with stress & anxiety during and after an emergency situation.

1. LOTION

Rub the lotion on children's hands and/or feet. You can ask if they'd like to rub lotion on your hands too. Gentle hand or foot massage can be very soothing.



2. BUBBLES OR PINWHEELS

Ask children to practice deep & controlled breathing by blowing the biggest bubble they can. Then ask them to blow as hard as they can, creating many small bubbles-repeat.



3. PLAY-DOH

Ask children to squish Play-Doh as hard as they can with their hands, letting it squish between their fingers. Then let them use their bare feet. Finally, ask children to mold something that makes them happy & discuss.



4. PAPER AND CRAYONS

Children can use crayons and paper for creative drawing. You can provide topics such as "something that makes you sad" or "something that helps you calm down." Discuss their drawings & answer their questions honestly.



5. STRESS BALL

Ask children to squeeze the ball gently, followed by squeezing the ball very hard. Talk about how stress & anger have different levels, from small to very large. Children can squeeze their stress ball based on their level of stress.



6. STUFFED ANIMAL

Stuffed animals provide a sense of security and comfort for children during stressful times. Holding a stuffed animal close can help relieve anxiety, fear, and uncertainty. Stuffed animals can also be used in pretend play.



7. FRUIT SNACKS

Chewing fruit snacks allow children to use their sense of taste & the hard chewing motions can also be stress relieving.



8. STICKERS

Award children with a sticker for completing one of these activities. Stickers can be a calm and relaxing activity for children, as well as provide a sense of control, focus, and accomplishment.

