

## Create a Comfort Book or Box

A Comfort Book or Box can go by lots of different names such as an emergency box / book, a self-soothe box / book or a happy box / book. You can call it anything that makes you feel comfortable.

The idea behind the box or book is that it is filled with personal or sensory items that bring you comfort and help you cope when things get difficult.

When you're feeling sad, worried or upset you can use the box or book to help you feel better.

### All you need is:

- Any scrapbook or box
- Anything you would like to decorate your scrapbook or box with
- Anything that feels comforting to fill the pages or the box

### Page ideas or items for your box:

- Photographs of loved ones
- Favourite quotes
- Letters or pictures from friends
- A soft toy
- Poems or rhymes
- Pictures of places you've been or where you'd to go
- Song lyrics
- Quotes
- Colouring in pages
- Achievements
- Upcoming events
- Pets
- Hobbies
- Anything that brings you comfort, joy or makes you happy

One thing to remember about a Comfort Book or Box is that it is personal to you.