

Hope Box Guide

A hope box contains a collection of items which aim to promote self-soothing in crisis. They do not need to be a physical box and could be a bag or pencil case which can be easily carried around. If any of these steps seem unnecessary, you can skip them, these are only a guide.

You will need:

- A box such as a shoe box
- A crisis card and an alert card which can be downloaded from our website
- Coloured pens or pencils
- Items to decorate your box such as tissue paper or stickers
- Glue
- Pom poms or a pom pom maker
- Wool
- Smooth stones
- Favourite Snack
- Favourite Hot Drink
- Fidget toy/sensory aid
- Favourite scent
- Photographs of good memories

Instructions:

1. Decorate the outside of the box so it is personal to you. You can also decorate the inside of the box or fill it with tissue paper if you would like
2. Put your safety plan if you have one, and the crisis and alert cards inside the box

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3. Choose a sensory aid that supports your self-regulation and put it inside the box
4. Choose a hot drink e.g. a sachet of hot chocolate or a peppermint tea bag to put in the box.
5. Choose a favourite scent e.g. perfume, bodyspray, aromatherapy oils, to put in the box
6. Choose a favourite non-perishable snack to put in the box
7. Put photographs of good memories and your family and friends inside the box.
8. You can also put notes from your loved ones inside the box or a scrapbook of memories.
9. Some people find the texture of pom-poms comforting. If so, you could make your own pom-pom following a YouTube tutorial. Alternatively, others like the cool texture of a stone. You could paint your stone with an inspiring message or in colours that bring you joy.

How to use:

You need to keep your hope box in the same place so it is easy to find it when you need it. You should keep it somewhere it is safe and cannot be accessed by pets or younger siblings.

You can use this hope box whenever you want- it doesn't have to be when you're in 'crisis'. Remember to replace all items that have been used. You can add things or take things out anytime

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