

BOX OF REQUIREMENT ACTIVITY SHEET

The Box of Requirement is a little like Harry Potter's Room of Requirement. At a time when Harry needs it the room provides everything he needs.

The same can be true for us when we are in the midst of feeling big emotions, and it can feel scary that we are out of control. Whatever those feelings might be maybe, sad, angry, anxious, hurt, rejected and so many more, it can be hard for us to think rationally, so we might react in ways that are unhelpful to us or others.

A Box of Requirement helps you to plan when you are calm what would be helpful at times when your emotions are starting to get bigger to help ease the emotions before you feel out of control.

Things to put in your box might be:

- photos of people, places or things that are helpful, inspiring, calming or encouraging or pictures of things that make you smile;
- a playlist of music to help you sit in your emotion or to distract you from it so you want to dance around the kitchen;
- something to cuddle or something that belonged to the person that has died that you can snuggle;
- some written affirmations to say to yourself. For example, *even though I have all this anxiety, I will be ok. I am kind. I am loved and lovable. I will get through this and be happy. I am a good person;*
- a stress ball to squeeze or a gadget to fiddle with;
- something to taste like a strong mint or a chewing gum;
- a little packet of tissues;
- something to smell like a lavender cushion or an essential oil, or spray of fragrance;
- a journal and a pen, or paper and pencils to colour or draw with, or a mindful colouring book;
- a list of plans, hopes and dreams for the future, pictures of places you might want to visit or activities you might want to do;
- a list of suggestions; take five deep breaths, look for four things you can see that make you smile, make a cup of tea; go for a run; punch or scream into a pillow; bounce on the trampoline; bake a cake, listen to five minutes of mindfulness on your phone, or perhaps – do the list again!

These are just suggestions, what helps us is unique to us. When you have created your Box of Requirement, you can put it away somewhere where it is easy to get to, maybe under your bed, or in your wardrobe, so it's not in your face all the time. Then, when you feel that your emotion is rising, you can go and take out your Box of Requirement and in there will be the things that help you, to relax, calm down and think for just a few minutes, so you don't react and then regret it.

