

The Sunshine Suitcase



At times when you are feeling uncomfortable with your feelings, unsafe, or even if you just want to indulge yourself, use your Sunshine Suitcase to help lift your mood and get yourself grounded. ***Choose items that use all of your 5 senses!***

Here are some ideas for things to keep in your Sunshine Suitcase:

- A colouring book and felt tips or pencil crayons.
- Your favourite CD or playlist.
- A notebook or journal and pen.
- Chewing gum.
- A beany toy or stress ball.
- A representation of your power animal.
- A photo of a loved one and/or someone you admire.
- A singing bowl or bell.
- A representation of your Comfortable Place.
- A hot water bottle.
- Crystals, pebbles, stones.
- Herbal tea bags/hot chocolate sachets.
- Emergency telephone numbers.
- Quotes/mantras
- Jokes.
- Incense, oil.
- Bean bag.
- Popping candy.
- Fidget toys.
- Bubbles.
- Fluffy socks.
- Hand cream.