**Calm box** Box 7

‘Left brain’ activities and puzzles can shift an aroused child’s attention out of their ‘flooded’ ‘right brain’ into non emotive problem solving / matching / sorting mode. They can also be manageable for unaroused avoidant children as they are easy and require no adult help.

For example:

* Jigsaw puzzles
* Matching games and activities
* Dot-to-dot pictures
* Fill in the gaps
* Colouring pictures
* Pattern making on squared paper
* Simple Lego
* Multilink – putting into 10’s, or ‘steps’
* Sewing cards
* Activity books and ‘sheets’
* Sorting shapes, buttons etc
* Counting activities
* Fill in the blank – words, number patterns, ‘tray’
* Simple constructional activities
* Clock patience
* Solitaire
* Simple 3D puzzles
* Simple mental maths