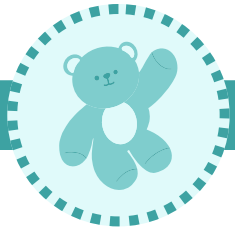
CALM KIT CHECKLIST

Pick the things that feel most helpful for your body — your Calm Kit is just for you!

Comfort for My Belly

- ☐ A water bottle to sip from
- ☐ A safe snack (like crackers, applesauce, plain rice, or another food that feels okay for your stomach)
- ☐ A small heating pad, hand warmer, or warm pack for tummy pain
- ☐ Extra set of clothes (shirt, pants, underwear, socks)
- ☐ Travel-size wipes or tissues for quick clean-ups



Calming & Soothing Items

- ☐ A favorite stuffed animal or small comfort object
- ☐ Fidget toy, putty, or stress ball
- ☐ A soft scarf, blanket square, or squishy toy to hold

Relax & Distract

- ☐ Headphones
- ☐ Calming playlist, audiobook, or guided relaxation
- ☐ A favorite comic book, doodle pad, or coloring pages

Encouragement & Support

- ☐ A kind note from a parent or caregiver, or friend
- ☐ A photo or drawing that makes me smile
- ☐ My own reminder: "I am strong, and I can take care of myself."

Add Your Own

Sometimes the best comfort items are the ones that only you know help. Write them here so you remember:

- ☐ _____
- ☐ _____
- ☐ _____

TIP

Keep your **Calm Kit** in your backpack, locker, or the nurse's office. It's not just a bag — it's a set of tools to help you feel safe, calm, and cared for on tough belly days.

GI Psychology
Mind Your Gut

(703) 910-2577
www.GIPsychology.com