Distraction Box

Below is a list of items that can be included in a distraction box. Prices of items vary greatly but many items are very reasonably priced and can be bought at a local dollar store. A basic but effective comfort kit could be created with as little as $50.

- Bubbles
- Joke books
- Rain stick
- Playdoh
- People and animal toys
- Look and find tube
- Glitter wand
- The “I Spy” books or pages
- Textured balls
- Pinwheel
- Puppets
- Kaleidoscope
- Stickers
- Stress balls
- Mini massager/ hand held vibration toys
- Cars
- 20 Questions mini game
- Drawing board (Buddha Board, Etch-a-sketch or magnetic board)
- Assortment of books
- Musical instruments
- Activity/ colouring books
- Markers, crayons, pencil crayons
- Portable DVD player
- Distraction cards
- Movies

If you have a little more money...

- iPad
- Portable video game system
- MP3 player and headphones
- Multi-sensory cart
- Wall mounted TV
- DVD player
- Wall and/or ceiling murals

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