













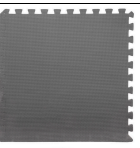




Suggested items when setting up an Emotions Room

Name of item	Intervention	Purchased from	Cost estimate	Photo image
Massage ball – children really gravitate to the one with prickles on it.	Children benefit from rolling on it, sitting on it, bouncing up and down with it, kicking or throwing.	FDMT	\$70	
Large exercise ball	If a child has hitting or attacking energy, when the ball is held by the adult it acts as a buffer meanwhile allowing the child to expend their energy without hurting anyone.	FDMT, Canadian Tire	\$30-\$60 depending on size	
Exercise ball with handle	To sit on and jump around while holding on to the handle. Great way to expend energy in a short amount of time.	Walmart	\$40	
To & Fro Ball	Great to expend energy in legs by kicking the ball without having to run after it and no concerns with hitting someone with the ball	FDMT	\$18	
Gymnastics mat 12-16 inches in thickness or 4 inches in thickness if the space available in room is smaller	Protective surface on the ground. Children benefit from rolling on the ground, doing flips, cartwheels, etc.	Check Phys Ed. Equipment suppliers		
Pool noodles	Great for swinging around, expend frustrated energy without hurting someone or getting hurt	Dollarama, Canadian Tire	\$2-4 each	
Small soft foam and/or plastic balls to throw- different sizes	Great for throwing without breaking anything or anyone getting hurt. Having them in great quantity is helpful. There can be a destination (large bin, inflated children's pool) or free throwing.	Check Phys Ed. equipment suppliers, Brault & Bouthillier has a selection but they can also be found in other stores such as Toys'R Us, Canadian Tire, Walmart, etc.		
Lattjo- target game	Felted surface with Velcro/fabric darts – great to expend throwing energy. Can be fixed to the wall in a given space.	IKEA	\$20	
Skipping rope	Great way to expend jumping and intense energy. Some children set target numbers they wish to reach as they jump rope. This is personal and not the main objective.	Brault & Bouthillier, Phys. Ed equipment suppliers. They come in different sizes and density.		

10-sided fitness dice	Versatile interactive activity, dice are rolled, adult accompanies the child in the exercises. The number dice determines how many times the exercise is to be done. Demonstrates different ways of expending energy.	Wintergreen	\$48	
Tunnel (BUSA)	Great to crawl or cocoon in, some enjoy rolling around in it. Provides a quiet space and privacy when needed.	IKEA	\$17	
Magic Mitt	Interactive throwing game, Velcro mitt with ball makes it easy to catch – an asset when young children struggle with catching balls (eye hand coordination)	FDMT	\$15	
Dart Ball Game	Velcro surface with balls to throw that connect on Velcro surfaces. Great to expend throwing energy. Can be fixed to the wall in a given space.	FDMT	\$30	
Bubble wrap small bubbles and/or large bubbles	Great for squishing with hands or for stomping on!! A section of the floor can be taped down on the floor to simulate a bubble carpet to stomp on.	Grand & Toy		
Mini trampoline	Great for jumping and expending energy	Canadian Tire	\$50	
Funny Face Punching balloons	Blowing up the balloon helps get frustrated energy out. Once tied it can be punched or tapped to stay up in the air while maneuvering around to keep it off the ground for a period of time.	Smilemakers	\$28 for a package of 48	
Bean bags	Great cushion-like surface to sit on or immerse yourself into. Some children will also use to push/punch their frustrations out.	Brault Bouthillier, Wintergreen	\$40- \$200 wide range of quality	
Foam tiles for flooring	Provides a warm, cushioned surface on which to sit. Not cold like the floor.	Home Depot, RONA, Canadian Tire	\$26/pkg of 4	
Yoga Spinner/Yoga Position cards	Some students benefit from the challenge of learning and holding different positions. A good way to become more in tune with your body and to let go of what was upsetting .	Brault & Bouthillier	\$20	
Large stuffed animals	Some like to hug them, some like to throw them around to get frustrated energy out.	Donations are encouraged		

Note: It is most important that items in the Emotions Room must be soft and unbreakable. The goal is to provide different venues for expending frustrated and foul energy, however it is key that all present in the room are safe at all times!