

GIFT GUIDE

Therapeutic Toys for Kids



Comfort Items:

Soft blankets, plush toys, or cozy pajamas can provide comfort and a sense of security. Choose items in soothing colors and textures.

Art Supplies:

Offer art supplies like colored pencils, markers, or sketchbooks. Art can be a therapeutic outlet for expressing emotions and promoting self-discovery.

Soft Lighting:

Nightlights, fairy lights, or calming projectors can create a soothing environment. Soft lighting can contribute to a sense of safety and relaxation.

Journal or Diary:

Provide a journal for children to express their thoughts and feelings in a safe and private space. Encourage them to write or draw at their own pace.

Therapeutic Games:

Look for board games or card games designed to promote emotional expression and social interaction. Games that focus on teamwork and cooperation can be beneficial.

Quality Time:

Offer experiences rather than physical gifts. Spend quality time together engaging in activities they enjoy, whether it's a trip to a museum, a nature walk, or simply playing games.

Music or Relaxation Playlists:

Curate playlists with calming or favorite music. Music can be a powerful tool for emotional expression and regulation.

Fidget Spinners:

These small, handheld toys are great for promoting focus and concentration. They come in various shapes and colors to keep children engaged.

Kinetic Sand:

Kinetic sand is a moldable and squishy material that provides a unique tactile experience. It's a mess-free way for children to engage in creative play.

Sensory Board:

Sensory boards feature various textures, buttons, and moving parts for children to explore with their hands. They're great for fine motor skills.

