



# THRC Inventory

Please contact us at 905-875-4600 x101 or [info@thrc.ca](mailto:info@thrc.ca) with any request for borrowing our resources.

## Self-Regulation

Resource Name	Bin Number
Balancing Stones #1	12514
Calm and Mindful	11479
Calming Down with Music and Movement	948
Calming Tools	12609
Fidget Materials	12570
Help Me Keep My Body Calm	11454
Let's Talk About Feelings	12550
Mean Soup	113
Mindful Baby	11383
Mindful Me - #1 School Age	11726
Mindful Me - #2 School Age	11727
Mindful Stacking Stones #1	12523
Mindful Stacking Stones #2	12524
My Feelings	12545
Naptime Support	5045
Self Regulation: Breathing Prompts	12537
Self-Regulation: Calming Your Body Techniques	11834
Self-Regulation: Fidget Resources	6514
Self-Regulation: Find Your Calm	11773
Self-regulation: Strategies and Tools	6515
Tactile Experiences	1820
Tactile Exploration	3252
The Colour Monster - Self Regulation	12607
The Kissing Hand	1819
Understanding Feelings	1887