**ED Staff Resources Guide**

**Audience**: ED administrators who have funds to purchase items for the pediatric patients in the ED and want more guidance as to what to buy and how to use items with pediatric patients.

**Objective**: This guide contains a variety of suggested materials for different age groups as well as what materials are considered safe and not safe for pediatric patients presenting with a behavioral health condition. The purpose of this guide is to provide a list of materials you can consider purchasing for your ED. These items should still be used under the supervision of a sitter/observer or parent.

**Index** **Page**

***Safety Zone Materials***  2

*Description*: This grid applies to all ages and provides a variety of materials that are divided into three categories of safety for pediatric patients with a behavioral health condition. Green equals safe for all. Yellow should be tailored to individual safety needs of the patient and discussed with your behavioral health team. Red are typically never safe.

***Distraction Activities By Age/Development*** 3

*Description*: This guide contains a list of distraction activities by age, including many of the items from the safety zone materials grid. This guide is provided in word format so that you can tailor this page to existing resources within your ED. Print copies of page 3 to place in your ED with the self-care guide as a page for caregivers and patients to use as a checklist of what items they would like to use while in the ED.

***Individual Bags for Behavioral Health Patients Example*** 4

*Description:* If your ED decides to purchase items for pediatric patients, you can consider making individual bags for these patients prior to arrival. This is an example of behavioral health activities bag that you can make ahead of time for any pediatric patient with a behavioral health condition. This list can be tailored based on what you decide to purchase for your ED.

***Example Purchasing Guide*** 5

*Description:* This page lists several of the example items above, and links on various websites where you can purchase these items (price included). **We do not endorse any of these products as being superior to any other product, and we are receiving no financial endorsement from these items. This list is meant to give you examples of items you can purchase.** You can also search for many of these items via google shopping and amazon.

**Content Adapted from:**



**Distraction Activities By Age/Development**

***Before giving any items to behavioral health patients it is important to discuss* limitations *and restrictions with care team.***

**Preschool (3-5yrs)**

* Coloring Pages/Crayons
* Stickers
* Simple iSpy Books
* Playdoh
* Memory Games, Candyland
* Puzzles
* Imaginary Play Items
* Movies/Shows
* Velvet art

**Only for select pts deemed safe to participate**

* Water Coloring Painting, Block Legos

 **School Age (6-12yrs) \*also applicable for adolescent patients**

* Detailed Coloring Pages/Crayons
* Sudoku\*
* Word Searches\*
* Deck of Cards\*
* Board Games\*
* Mad Libs
* Origami\*
* Sticker by Numbers
* Stress Balls, Playdoh
* Movies/Exercise for kids DVDs
* Painting Projects

**Only for select pts deemed safe to participate**

* Video Games, Markers, Legos

 **Adolescent (13-18yrs)**

* Movies/Yoga DVDs
* Journals
* Music
* Stress Balls
* Adult Coloring Books/Mandalas
* Magazines/Books

**Only for select pts deemed safe to participate**

* Video Games

|  |
| --- |
| **Individual Bags for Behavioral Health Conditions** |
| Slime kit – to make: 6oz of glue + ¼ cup of Elmer’s magical liquid + food coloring or water color (use urine cups for storage) |
| (2) Sticker by number pages  |
| (2) Velvet art pages  |
| (5) Colored sheets of origami paper + instructions for 2 folding projects |
| (2) Learn to draw animal instructions + crayons + 4 sketch paper pages |
| Foam stress ball |
| Puzzle packets for older children – (2) crosswords, (2) word searches, (2) MadLibs, & (2) Sudokus  |

**Example purchasing guide: We do not endorse any of these products as being superior to any other product and we are receiving no financial endorsement from these items. This list is meant to give you examples of items you can purchase.** **Click on hyperlink to see examples of items you can consider purchasing for your pediatric patients. Items highlighted in green are green zone items and in yellow are yellow zone items (see page 2 for further details about green zone and yellow zone).**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Purpose | Vendor | Item Description | Price | Link |
| Active | Amazon | Elmers Magical Liquid (for homemade slime) | $9.39/qt | [Elmers Magical Liquid](https://www.amazon.com/Elmers-Magical-Liquid-Activator-Solution/dp/B07KYHSN8N/ref%3Dsr_1_1?dchild=1&keywords=elmers+magical+liquid&qid=1620843632&sr=8-1) |
| Active | Amazon | Over the Door Basketball Hoop | $14.99  | [Nerf Sports Dude Perfect Mini Perfectshot Hoop](https://www.amazon.com/Nerf-Sports-Dude-Perfect-PerfectShot/dp/B072MPC7CS/ref%3Dasc_df_B072MPC7CS/?tag=hyprod-20&linkCode=df0&hvadid=312123440582&hvpos=&hvnetw=g&hvrand=17933866769961944589&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1018127) |
| Active | Amazon | Soccer (purchase ball set, use tape to make goal) | $9.99  | [Mini Ball Assortment](https://www.amazon.com/Ifavor123-Assorted-Toddlers-Playground-Inflatable/dp/B07BHWVGNZ/ref%3Dsr_1_20?dchild=1&keywords=mini+ball+assortment&qid=1612460874&sr=8-20) |
| Active | Amazon | Playing Cards | $12.99  | [Cards](https://www.amazon.com/LotFancy-Playing-Standard-Blackjack-Euchre/dp/B071G7Y3XL/ref%3Dsr_1_1_sspa?dchild=1&keywords=playing+cards&qid=1612133713&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyMDBTWUxBOTA3MTExJmVuY3J5cHRlZElkPUEwNjYxMDIwRlVXUFdYMzZNSjRX) |
| Active | Amazon | Space Hopper Ball w/ pump | $16.90  | [Space Hopper](https://www.amazon.com/AppleRound-Space-Hopper-Ball-Pump/dp/B007L4FAH6/ref%3Dsr_1_2?dchild=1&keywords=bouncing+fun&qid=1612124914&s=toys-and-games&sr=1-2) |
| Active | Amazon | True Balance Coordination Game  | $24.99  | [True Balance Coordination](https://www.amazon.com/TrueBalance-Coordination-Balance-Adults-Improves/dp/B07NPZ3R1M/ref%3Dsr_1_2_sspa?dchild=1&keywords=true+balance&qid=1612124996&s=toys-and-games&sr=1-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUE3RlQ3UzZBWks2RUgmZW5jcnlwdGVkSWQ9QTA5OT) |
| Active | Amazon | Fabric Dartboard with 20balls | $24.90  | [Dartboard](https://www.amazon.com/Fabric-Board-Balls-Using-Fasteners/dp/B078H9N2W4/ref%3Dsr_1_1_sspa?dchild=1&keywords=nerf+dart+board&qid=1612125068&s=toys-and-games&sr=1-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyOEg5N1M5SDFPRzhUJmVuY3J5cHRlZElkPUEwODc3MTA1MVUxT) |
| Active | Amazon | Hula Hoop | $22.99  | [Hula Hoop](https://www.amazon.com/Plastic-Playing-Colorful-Weighted-Detachable/dp/B07F337QJY/ref%3Dsr_1_11?crid=3GY84KDA506ZE&dchild=1&keywords=hula+hoops+for+teens&qid=1608053899&s=sporting-goods&sprefix=hula+%2Csporting%2C178&sr=1-11) |
| Active | Amazon | Yoga Spinner Game | $14.86  | [Yoga Spinner](https://www.amazon.com/Think-Fun-Yoga-Spinner-Game/dp/B0195926PS/ref%3Dsr_1_1?dchild=1&keywords=yoga+spinner+game&qid=1612127651&s=movies-tv&sr=1-1) |
| Active | Amazon | Yoga Cards for Kids | $13.99  | [Yoga Cards](https://www.amazon.com/Yoga-Children-Yoga-Cards-Mindfulness-Activities/dp/1507208235/ref%3Dsr_1_3?dchild=1&keywords=yoga+cards+for+kids&qid=1612125378&sr=8-3) |
| Active | Amazon | Denise Austin's Fit Kids Workout DVD | $9.99  | [Kids Workout DVD](https://www.amazon.com/Denise-Austins-Fit-Kids-Austin/dp/B0006J28AA/ref%3Dsr_1_1?dchild=1&keywords=fit+kids+dvd&qid=1612127023&sr=8-1) |
| Active | Amazon | 6 Fit Kids' Workouts DVD | $15.69  | [Kid Workout DVD](https://www.amazon.com/Fit-Kids-Fitness-Workouts-Children/dp/B0014Z3OQW/ref%3Dsr_1_2?dchild=1&keywords=6+fit+kids+workouts&qid=1612127091&sr=8-2) |
| Active | Amazon | Tae Bo with Billy Blanks DVD | $18.98  | [Tae Bo DVD](https://www.amazon.com/Billy-Blanks-Tae-Bo-Kicks/dp/B0007N19PU/ref%3Dpd_sbs_13?pd_rd_w=M5yD2&pf_rd_p=3ec6a47e-bf65-49f8-80f7-0d7c7c7ce2ca&pf_rd_r=K8RNVDT6Y8ZZ3VXF12YJ&pd_rd_r=b93547b1-dc16-433c-b4d2-e135efaed2a8&pd_rd_wg=BFSuL&pd_rd_i=B0007N19PU&psc=1) |
| Active | Amazon | Yoga for Families DVD | $13.49  | [Yoga Family DVD](https://www.amazon.com/Yoga-Families-Connect-Your-Kids/dp/B001M9PBK2/ref%3Dsr_1_1?dchild=1&keywords=yoga+for+families&qid=1612127425&sr=8-1) |
| Active | Amazon | Yoga for Kids Outerspace DVD | $7.57  | [Yoga Outerspace](https://www.amazon.com/Yoga-Kids-Outer-Space-Blastoff/dp/B00R4JLIWE/ref%3Dpd_bxgy_img_3/130-5790948-1729832?_encoding=UTF8&pd_rd_i=B00R4JLIWE&pd_rd_r=ecb2ef24-9655-43e1-a256-2c34be074a50&pd_rd_w=kh7f0&pd_rd_wg=k4hNO&pf_rd_p=f325d01c-4658-4593-be83-3e12ca663) |
| Active | Amazon | Yoga for Beginners DVD Set  | $23.99  | [Yoga for Beginners](https://www.amazon.com/Yoga-Beginners-Deluxe-DVD-Set/dp/B07KLS28HL/ref%3Dsr_1_3?crid=240M4MJ3O9DSH&dchild=1&keywords=yoga+for+beginners+dvd&qid=1612127580&s=movies-tv&sprefix=yoga+%2Cmovies-tv%2C188&sr=1-3) |
| Active | Amazon | Yoga Mats (10 pack) | $74.99  | [Yoga Mats](https://www.amazon.com/dp/B076KQV836/ref%3Dsspa_dk_detail_2?pd_rd_i=B076KQV836&pd_rd_w=IMYnL&pf_rd_p=14ceaa6a-1e28-4d0f-a108-58cc89c508f1&pd_rd_wg=C4Xqf&pf_rd_r=ZZ534FEACNXQA8WWG79Q&pd_rd_r=5f78af61-6f3b-42ce-b451-) |
| Creative | Amazon | Model Magic Clay | $40.17  | [75 Assortment Pack](https://www.amazon.com/Crayola-Alternative-Classpack-Assorted-Colors/dp/B00027C7K2/ref%3Dsr_1_5?dchild=1&keywords=model+magic&qid=1608053483&s=toys-and-games&sr=1-5) |
| Creative | Amazon | Window Art Markers (pack of 8) | $8.99  | [Window Marker Pack](https://www.amazon.com/Crayola-Washable-Markers-Different-Surfaces/dp/B001FQKPSU/ref%3Dsr_1_6?dchild=1&keywords=window+markers&qid=1612461616&sr=8-6) |
| Creative | Amazon | Crayola Classpack Thin Markers (QTY 200) | $40.93  | [Thin Markers](https://www.amazon.com/Crayola-Markers-Assorted-Colors-58-8210/dp/B0006ZIGBO/ref%3Dsr_1_3?dchild=1&keywords=crayola+thin+markers+box&qid=1612133138&sr=8-3) |
| Creative | S&S  | Velvet Art Detailed Posters (pack of 30) | $28.79  | [Detailed Posters](https://www.ssww.com/item/velvet-art-posters-to-personalize-PS1419/) |
| Creative | S&S  | Velvet Art Mandalas (pack of 40) | $25.79  | [Mandalas](https://www.ssww.com/item/velvet-art-mandalas-PS1400/) |
| Creative | S&S | Velvet Art Landscapes (pack of 50) | $81.99  | [Landscapes](https://www.ssww.com/item/velvet-art-landscapes-PS1380/) |
| Creative | S&S  | Fabric Markers Classpack (set of 80) | $71.79  | [Fabric Markers](https://www.ssww.com/item/color-splash-fabric-marker-pluspack-SC1122/) |
| Creative | S&S | Fabric case- no strings (pack of 12) | $18.99  | [Fabric Case](https://www.ssww.com/item/color-me-carrying-case-FA3426/) |
| Creative | Amazon | Model Magic Clay Classpack white (QTY 75) | $31.59  | [White Model Magic](https://www.amazon.com/Crayola-Classpack-Lightweight-Modeling-Material/dp/B00027C7KC/ref%3Dsr_1_1_sspa?dchild=1&keywords=model+magic&qid=1612130525&sr=8-1-) |
| Creative | Amazon | Paint by Sticker (Kids) |  $ 9.95  | [Paint by Sticker (Kids)](https://www.amazon.com/dp/0761189602/?coliid=I257CPO5CK13MW&colid=131CFJT66S7EX&psc=1&ref_=lv_ov_lig_dp_it) |
| Creative | Amazon | Paint by Sticker | $14.95  | [Paint by Sticker](https://www.amazon.com/Paint-Sticker-Create-Masterpieces-Time/dp/0761187235/ref%3Dsr_1_5?crid=32E22LKYH6Q7S&dchild=1&keywords=paint+by+sticker&qid=1612061666&s=books&sprefix=pain%2Cstripbooks%2C170&sr=1-5) |
| Creative | Amazon | Origami (300 sheets) | $13.95  | [Origami](https://www.amazon.com/Kool-Krafts-Origami-Projects-Colored/dp/B07YGRCXVT/ref%3Dsr_1_6?dchild=1&keywords=origami+paper+and+book&qid=1612126657&sr=8-6) |
| Creative | Amazon | Canvas panels 8x10 12 pack (no staples) | $15.99  | [Canvas](https://www.amazon.com/Artlicious-Canvas-Panels-12-Pack/dp/B01FCHZOII/ref%3Dsr_1_5?dchild=1&keywords=canvas%2Bpanels&qid=1612126473&sr=8-5&th=1) |
| Creative | Amazon | Journals to give-away(pack of 8) | $43.59  | [Safe Journals](https://www.amazon.com/XIDUOBAO-Leather-Colorful-Writing-Notebook/dp/B07DLV8F6T/ref%3Dbmx_16?pd_rd_w=eE9m5&pf_rd_p=82aca571-3653-4c76-afa2-d596d18861b7&pf_rd_r=WGSBP3AQEEJWXM0F6NY2&pd_rd_r=8d9fcf46-47c7-4e38-bd26-) |
| Creative | Amazon | Sketch pad perforated pages (pack of 3) | $35.27  | [Sketch Pad](https://www.amazon.com/Strathmore-400-Sketch-Pads-12/dp/B0027A39PY/ref%3Dsr_1_25?dchild=1&keywords=drawing%2Bpad%2Bpack%2Bno%2Bspiral&qid=1612126201&s=office-products&sr=1-25&th=1) |
| Creative | Amazon | Watercolors (24 pack) | $12.97  | [Watercolors](https://www.amazon.com/Neliblu-Watercolor-Washable-Colors-Paintbrushes/dp/B07KSMVXRC/ref%3Dsr_1_8?dchild=1&keywords=watercolors&qid=1612133295&sr=8-8) |
| Creative | Amazon | Watercolor Paper (pack of 2 - 60 sheets) | $21.99  | [Watercolor Paper](https://www.amazon.com/Arteza-Watercolor-Sheets-Durable-Techniques/dp/1947575112/ref%3Dsr_1_1_sspa?dchild=1&keywords=watercolor+paper&qid=1612133378&sr=8-1-) |
| Creative | Amazon | Washi Tape (60 rolls) | $11.99  | [Washi Tape](https://www.amazon.com/Decorative-Planners-Scrapbooking-Adhesive-Supplies/dp/B07CVV9VY2/ref%3Dsr_1_11?dchild=1&keywords=washi+tape&qid=1612294115&sr=8-11) |
| Puzzle | Amazon | Rubix Cube (set of 5) | $19.99  | [Rubix Cube](https://www.amazon.com/Dreampark-Speed-Cube-Magic-Bundle/dp/B07MM1R2N6/ref%3Dsxin_11?ascsubtag=amzn1.osa.21a43076-aebf-4e2b-9489-) |
| Puzzle | Amazon | 3D Puzzle color and put together (set of 10) | $16.99  | [3D Puzzle](https://www.amazon.com/Max-Fun-Coloring-Educational-Painting/dp/B08FDCXR4H/ref%3Dsr_1_1_sspa?dchild=1&keywords=3D+puzzles&qid=1612140636&s=gift-cards&sr=1-1-) |
| Puzzle | Amazon | 3D Puzzle color and put together (set of 10) | $18.99  | [3D Puzzle](file:///C%3A%5CUsers%5Cch138008%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.MSO%5C1e04692cd1c9%26spLa%3DZW5jcnlwdGVkUXVhbGlmaWVyPUExN0pYTkpDTjI2VjBIJmVuY3J5cHRlZElkPUEwNjA0MDU3M0Q4ODJRMlRHOVlVTSZlbmNyeXB0ZWRBZElkPUEwNDA3NzM3MVlKQlhTOFk3Wk1CVSZ3aWRnZXROYW1lPXNwX2RldGFpbF90aGVtYXRpYyZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU%3D) |
| Puzzle | Amazon | Min individual Lego boxes cars (set of 12) | $27.95  | [Mini Lego-Cars](https://www.amazon.com/dp/B07K1QSKN2/ref%3Dsspa_dk_detail_0?psc=1&pd_rd_i=B07K1QSKN2&pd_rd_w=UjL1k&pf_rd_p=14ceaa6a-1e28-4d0f-a108-58cc89c508f1&pd_rd_wg=XopbZ&pf_rd_r=SX5877DG1MB05PPRWQNC&pd_rd_r=85c7b99f-6f8c-45b5-81b4-70aa69929372&spLa=ZW5jcnlwdGVkUXVhbGl) |
| Sensory | Amazon  | Nee Doh Stress Balls (6 pack) | $19.89  | [Stress Balls](https://www.amazon.com/Nee-Doh-Schylling-Squishy-Stretchy-Complete/dp/B07XZW5XLQ/ref%3Dsr_1_2?dchild=1&keywords=nee+doh+stress+ball&qid=1612129629&sr=8-2) |
| Sensory | Amazon  | Pop Tubes | $10.97  | [Pop Tubes](https://www.amazon.com/NUTTY-TOYS-Tube-Sensory-Pack/dp/B08GWPY8XP/ref%3Dsr_1_3?dchild=1&keywords=pop+tubes&qid=1612134077&s=toys-and-games&sr=1-3) |
| Sensory | Amazon  | Poppers | $15.99  | [Poppers](https://www.amazon.com/Sensory-Special-Reliever-Anti-Anxiety-Silicone/dp/B08S35RJ5Y/ref%3Dsr_1_15?dchild=1&keywords=fidget&qid=1612129515&sr=8-15) |
| Sensory | Amazon  | Kinetic Sand (pack of 6) | $25.99  | [Kinetic Sand](https://www.amazon.com/Kinetic-Modeling-Containers-Toy-Stop/dp/B081725CG5/ref%3Dsr_1_1_sspa?dchild=1&keywords=kinetic+sand&qid=1612125466&sr=8-1-) |
| Sensory | Amazon  | Snap and fit fidget toy (pack of 4) | $7.27  | [Fidget Toy](https://www.amazon.com/Neliblu-Wacky-Tracks-Fidget-Sensory/dp/B01N7041YG/ref%3Dsr_1_27_sspa?dchild=1&keywords=fidget&qid=1612129402&sr=8-27-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExRjZYWlhOVVk2WTMmZW5jcnlwdGVkSWQ9QTAyNTIwMDdQNUlWUlNaSE8zODgmZW5jcnlwdGVk) |
| Therapeutic | Amazon | 500 piece puzzle | varies | Search puzzle for variety  |
| Therapeutic | Amazon | Kinetic Sand |  varies | Search kinetic sand for variety |
| Therapeutic | Amazon | White Noise machine  | $21.99  | [white noise machine](https://www.amazon.com/Portable-Relaxing-Soothing-Charging-Auto-Off/dp/B00A2JBMRE/ref%3Dsr_1_7?dchild=1&keywords=white+noise+machine&qid=1613160101&sr=8-7) |

**Autism specific example items**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Purpose | Vendor | Search Description | Price | Link |
| Active | Amazon | Sit and Spin | $34.25 | [Sit and Spin](https://www.amazon.com/Playskool-Classic-Spinning-Activity-Toddlers/dp/B00YTWEMUO/ref%3Dsr_1_3?dchild=1&keywords=sit+and+spin&qid=1620151299&sr=8-3) |
| Active | Amazon | Youth Yoga ball with handle  | $19.99 | [Yoga Ball for Toddler/School Child](https://www.amazon.com/Gaiam-Bouncy-Balls-Kids-Handle/dp/B08PJ8JJ9F/ref%3Dsr_1_6?crid=13JKFZEH7FESX&dchild=1&keywords=yoga+ball+with+handle+for+kids&qid=1620151389&sprefix=Yoga+ball+with+handle%2Caps%2C164&sr=8-6) |
| Active | Amazon | Large Soft Blocks  | $24.99 | [Soft Blocks](https://www.amazon.com/UNiPLAY-Food-Grade-Antibacterial-Building-Blocks/dp/B07GN58DH8/ref%3Dsxin_9_pa_sp_search_thematic_sspa?cv_ct_cx=Large+Soft+Blocks&dchild=1&keywords=Large+Soft+Blocks&pd_rd_i=B07GN58DH8&pd_rd_r=388aafab-bf2a-4e9f-8390-aa72250f924f&pd_rd_w=pVGNv&pd_rd_wg=9dgKL&pf_rd_p=9d5c7dec-ad7e-424f-9792-7751bf0f49a3&pf_rd_r=JQX11JKN1PC6HA1N0C39&qid=1620151520&sr=1-2-a73d1c8c-2fd2-4f19-aa41-2df022bcb241-spons&psc=1&smid=A2XHGD979VOMBM&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzQUI0TTNNM01EREtMJmVuY3J5cHRlZElkPUEwMjAzNzE1MkdWNzNZR01YQUVRWSZlbmNyeXB0ZWRBZElkPUEwNjA1NjQ4MzhHMVlOVTZNNFdaRSZ3aWRnZXROYW1lPXNwX3NlYXJjaF90aGVtYXRpYyZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=) |