

Name: _____ Date: _____

Self-Soothe with 5 Senses

When you need to "lower the volume" of your environment, pick one item for each category:

Vision: (e.g., Looking at a photo of a landscape, watching the clouds)

My choice: _____

Hearing: (e.g., Listening to lo-fi beats, nature sounds, or white noise)

My choice: _____

Smell: (e.g., Coffee beans, a scented candle, or fresh air)

My choice: _____

Taste: (e.g., Sucking on a peppermint, drinking warm tea)

My choice: _____

Touch: (e.g., A soft blanket, a smooth stone, or a cool breeze)

My choice: _____

Reflection

What was my distress level before (1-10)? _____

What was my distress level after (1-10)? _____

Which skill felt the most helpful today? _____