



Self-Soothing Toolbox

Another way to get through crises is to self-soothe. Remember to self-soothe by thinking of soothing your five senses. Make a Self-Soothe Kit to use in times of distress. Keep one at home and one at school.

Vision

Notice the play of light on a clean wall. Enjoy the richness of colors in the floor tile. Look out the window and watch the grass gently blowing in the breeze, the sun dancing on the trees, the graceful movement of the birds, or the smooth movement of passing cars. Close your eyes and notice the textures and light colors behind your eyelids.

Taste

Have a good meal; enjoy your dessert. Don't do anything else while you eat. Have a favorite soothing drink such as herbal tea or hot chocolate. Treat yourself to a favorite snack. Suck on a piece of peppermint candy. Chew your favorite gum. Really taste the food you eat.

Hearing

Listen to beautiful or soothing music or invigorating and exciting music. Pay attention to sounds of nature (waves, birds, rainfall, leaves rustling). Sing your favorite songs. Hum a soothing tune. Learn to play an instrument. Be mindful of any sounds that come your way, letting them go in one year and out the other. Notice how sounds feel different at different times of the day. Quietly notice the sounds of your breath.

Touch

Take a bubble bath. Savor the feeling of crisp, clean sheets on the bed. Soak your feet. Soften your skin with lotion. Put a cold compress on your forehead. Brush your hair for a long time. Place your hand on a smooth, cool surface. Enjoy the feeling of a favorite piece of clothing, or clean clothes. Notice the comforting warmth of clothing that is fresh from the dryer. Experience whatever you are touching.

Smell

Notice the scent of your soap and shampoo while showering. Try to find brands of deodorant, lotion, and other things that have a soothing smell to you. Sit quietly for a few minutes and try to identify the smells you notice. Enjoy the smell of your meals. Which smells bring back fond memories or feelings?



Self Soothing Toolbox

*Write down self-soothing tactics for each of your five senses below.
Keep one copy at home and one at school.*

1. Vision- Notice what you see; find soothing things to look at.

2. Hearing- Pay attention to what you hear around you.

3. Smell- Be aware of the memories smell can bring.

4. Taste- Carefully savor flavors that the day brings you.

5. Touch- Find comfort in touch.



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