











Using 5 Senses to Self-Soothe

Sense	Description
Sight 	What items can you look at that would be soothing? What brings you joy, happiness, peacefulness? Pictures? Scenery?
Sound 	What sounds do you enjoy? What sounds are soothing to listen to? Music? White Noise? Nature sounds?
Smell 	Our most unique sense. Located in between our memory and our emotion regulation centers in our brain. What scents do you enjoy? Lavender? Mint? Fruit?
Touch 	What touching sensations are soothing to you? Soft, silk, fur, skin? Comfy clothes, favorite chair? Hugs? Weighted blanket?
Taste 	When we elicit the sucking reflex we trigger our brain to soothe and regulate. This is why children suck their thumbs/pacifiers. Hard candy can do this for adults. What else brings you a soothing sense when you taste it?

My Self-Soothe Plan / Kit

Sense	Description	Item for Kit
Sight 		
Sound 		
Smell 		
Touch 		
Taste 		

Container for my kit: _____

Place to keep my kit: _____