

Soothing with Our Senses

Self-soothing is a way to help yourself feel more calm and relaxed. You can use one (or more) of your five senses to help you. Think of things you find soothing at home, school or any place you might feel stress or worry. Then add your personal “sense favorites” to the boxes below. We’ve started you off with some examples.



Smell

- Smell a flower or perfume
- Bake some cookies
- Use scented soap in the bath

Personal Sense Favorites

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Sound

- Listen to sounds around you
- Make a playlist with calming music
- Hum a favorite song

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Touch

- Take a bubble bath
- Ask for a hug
- Wrap your favorite blanket around you

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Taste

- Let a piece of ice melt in your mouth
- Eat a treat slowly and enjoy every bite
- Have a soothing drink like hot cocoa or herbal tea

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Sight

- Look at pictures of family or friends
- Make a collage of things that make you happy
- Walk outside and look at flowers, clouds, insects, or stars

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