

How can we calm ourselves down when we are feeling anxious?

Children write the 5 senses down the page and against each one record ways that each can help them feel calm and safe. Some examples could be:

Ideas -

- Smelling lavender or another calming scent; deep breathing exercises
- Listening to relaxing music, a meditation, or singing
- Stroking a pet or cuddling a soft toy; doing their own hand or foot massage; dancing
- Eating something delicious
- Looking at photos, videos or pictures that help them feel better (something funny, something cute, or something beautiful)



SMELL



HEARING



TOUCH



TASTE



VISION