

Below, write down 2-3 activities from each group that you would benefit from to calm yourself down in a situation of emotional distress. If you have another idea, write that one as well.

Sense of Sight:

1.

2.

3.

Other ideas:

Sense of Hearing:

1.

2.

3.

Other ideas:

Sense of Smell:

1.

2.

3.

Other ideas:

Sense of Taste:

1.

2.

3.

Other ideas:

Sense of Touch:

1.

2.

3.

Other ideas:

