

SELF-SOOTHING KITS

When you're feeling stressed or overwhelmed, break out your personalized Self-Soothing Kit!

Be sure to include an item for each of your five senses!

TOUCH

Lotion
Animals
Warm Drink
Blanket | Robe
Marble | Smooth Stone
Stress Ball
Fidget Toy | Silly Putty

TASTE

Small Chocolates
Life Savers
La Croix
Mints
Gum
Tea

SIGHT

Art
Glitter Jar
Lava Lamp
Water | Waves
Photos of Animals
Photos of Loved Ones
Photos of Nature

SMELL

Lotion | Body Wash
Hand Sanitizer
Air Freshener
Essential Oil
Room Spray
Candles

SOUND

Rain
Waves
Spa Music
White Noise
Chill | Calming Playlist
Birds | Chimes
Sound of Forest

