

Using Senses to De-Stress



Look at a cherished photo, favorite stuffed animal, or a calm or fun place in your yard.

Listen to your favorite music.



Smell fresh flowers, your favorite



scented candle or lotion—or ask mom to bake cookies!

Taste a favorite treat, chew of piece of sugarless gum, or sip a soothing drink.



Touch a soft blanket, hold a stuffed animal,



wash your hands gently in warm running water, or squeeze a stress ball or a fidget spinner/popper.

Move... Do jumping jacks!

Run around the outside of the house as fast as you can. Sit and stretch your neck in circles.

