



Methods of Self-Soothing With Your Five Senses

childrensplacekc.org

VISION



Light a candle and
watch the flame



Watch a sunrise
or sunset



Visit an art
museum



Take a walk in
nature

childrensplacekc.org



HEARING



Listen to soothing
music



Pay attention to
sounds of nature



Learn to play
an instrument



Sing a favorite
song

childrensplacekc.org



SMELL



Open coffee and
inhale the aroma



Burn incense or a
scented candle



Use your favorite
soap or lotion



Make cookies,
bread, or popcorn

childrensplacekc.org



TASTE



Treat yourself to a dessert



Chew your favorite gum



Drink a soothing drink like tea or a smoothie



Suck on a peppermint candy

childrensplacekc.org



TOUCH



take a long hot shower or bath



pet your dog or cat



wrap up in a blanket



hug someone

childrensplacekc.org



childrensplacekc.org

6401 Rockhill Rd. Kansas City, MO 64131 | (816) 363-1898



@thechildrensplacekc