

5 Senses and Feeling Calm

1. Trace your hand onto a piece of paper. Make sure you can see all 5 fingers!
2. Think of a positive memory that helps you feel safe and calm to remember even when you start feeling worried or scared.
3. Write each of the 5 senses (seeing, hearing, tasting, touching, smelling), one on each of the 5 fingers.
4. Draw or write out the positive memory in the palm of the hand.
5. Identify how you see, hear, smell, taste, or feel the memory on each finger, and write or draw a picture for each.
6. Lastly, talk about how thinking of this positive memory helps you feel safe and calm. Think of ways to remember this for the next time you feel worried. Talk to someone you trust about your memory and all the senses you identified!

