

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a plain white space where the text is placed.

Managing Overwhelming feelings

Calm Down Box



- ▶ Decorate a box and add in:
- ▶ Something you can touch
- ▶ Something you can smell
- ▶ Something you can taste
- ▶ Something with a good memory
- ▶ Something you can do
- ▶ Positive affirmations and reminders of regulation activities

- ▶ <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>

Sensory ABC

- ▶ Put 5 columns on a piece of paper (or you can screen share the whiteboard)
- ▶ Write the senses in each column
- ▶ Choose a letter of the alphabet and write down something in each column that starts with that letter

See	Touch	Hear	Taste	Smell

GROUNDING WITH YOUR FIVE SENSES

What are

5

THINGS YOU CAN SEE



Ideas

SUN

PICTURE ON THE WALL
PEOPLE WALKING

4

THINGS YOU CAN FEEL



WIND BLOWING

FEET ON THE FLOOR
PENCIL IN HAND

3

THINGS YOU CAN HEAR



BIRDS CHIRPING

CLOCK TICKING
CAR HORNS

2

THINGS YOU CAN SMELL



FOOD FROM THE CAFETERIA

LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1

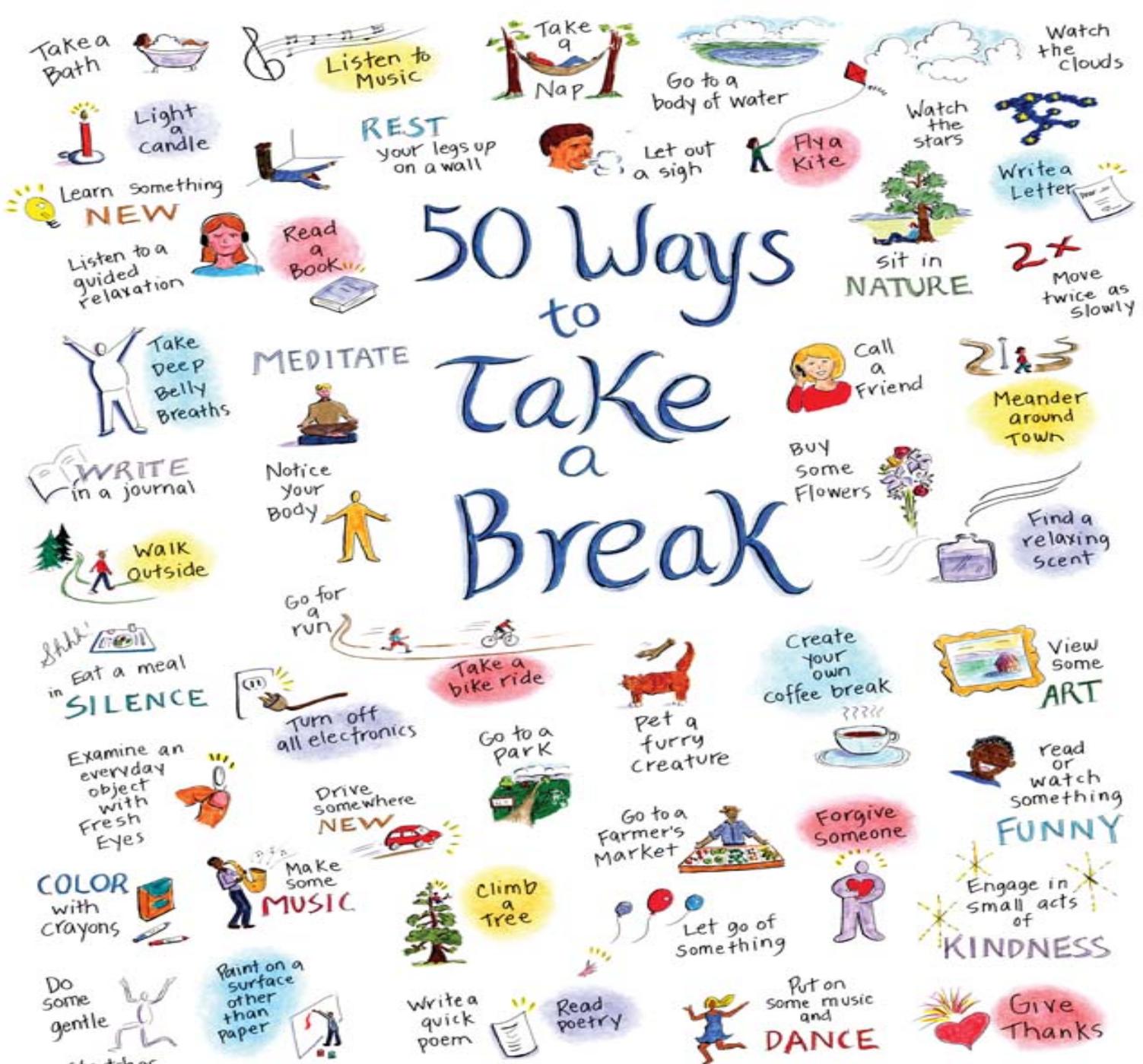
THING YOU CAN TASTE



MINT

Breakfast
TOOTHPASTE

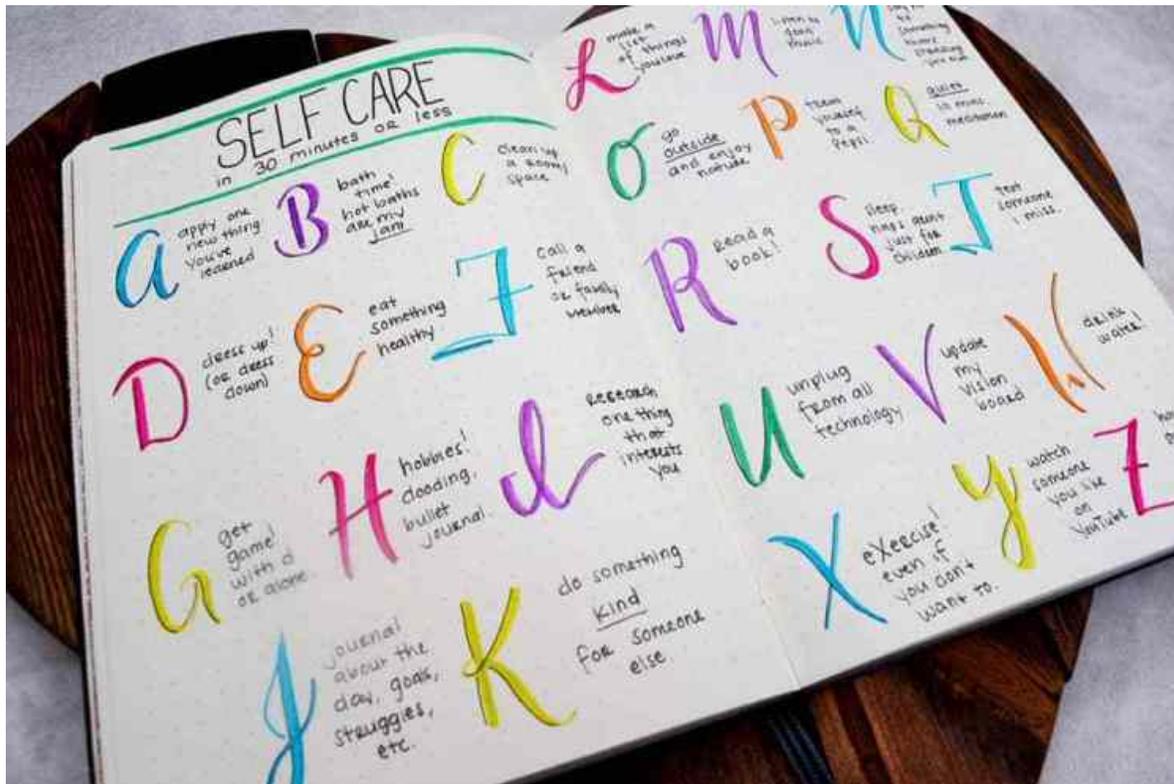
Grounding



Take a break

Self-Care ABC

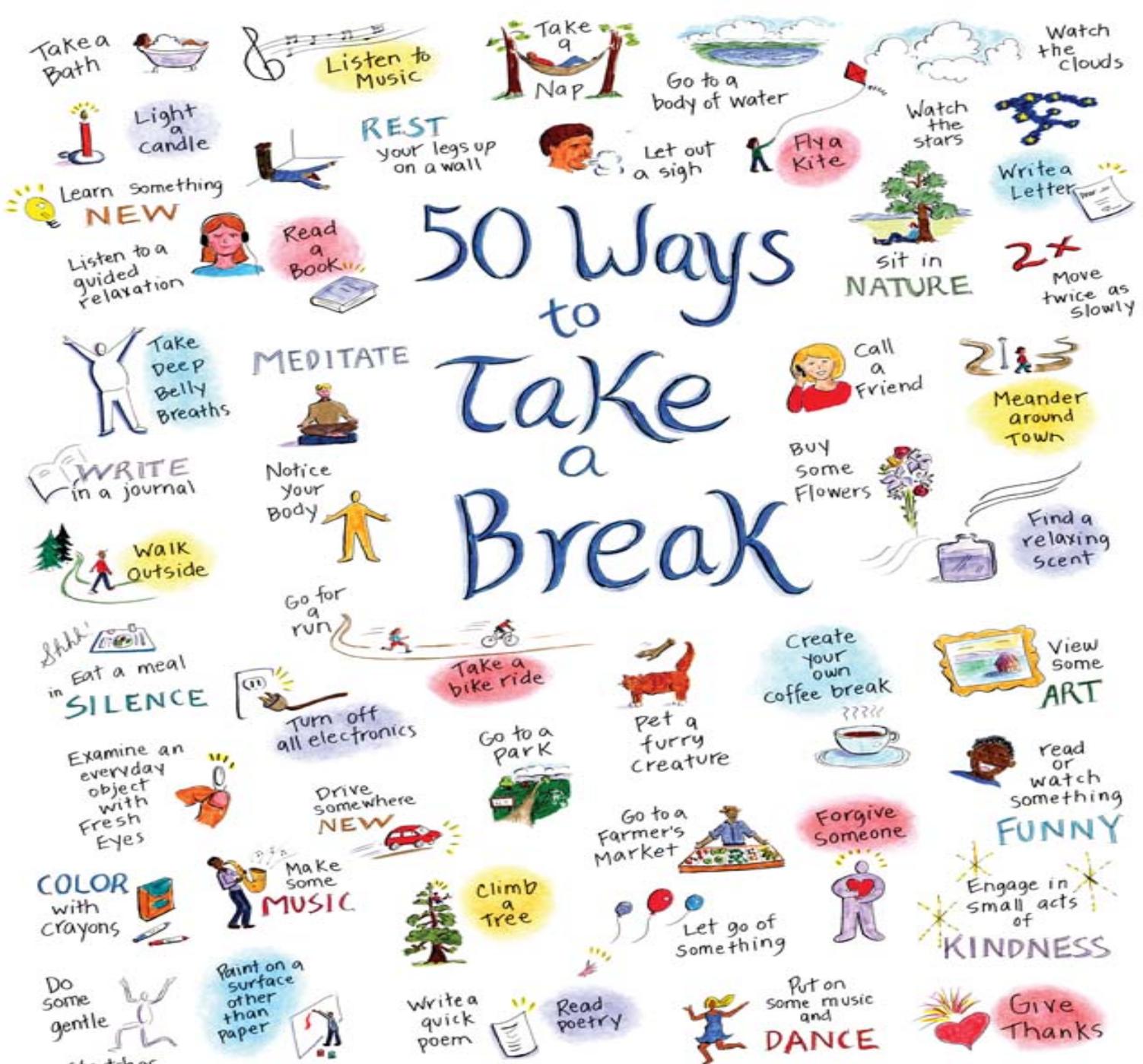
- ▶ Can you think about an activity to help with self-care beginning with each letter of the alphabet.
- ▶ If you're feeling creative write this down and add pictures for each example



Heart Drawing

- ▶ Draw a picture of a heart- leave space round the edge
- ▶ Make a list of feelings words around the page. Write the words in different colours
- ▶ Think back to the last week and what feelings you have felt
- ▶ Colour the heart in with the colours of the feelings you have felt over the last week

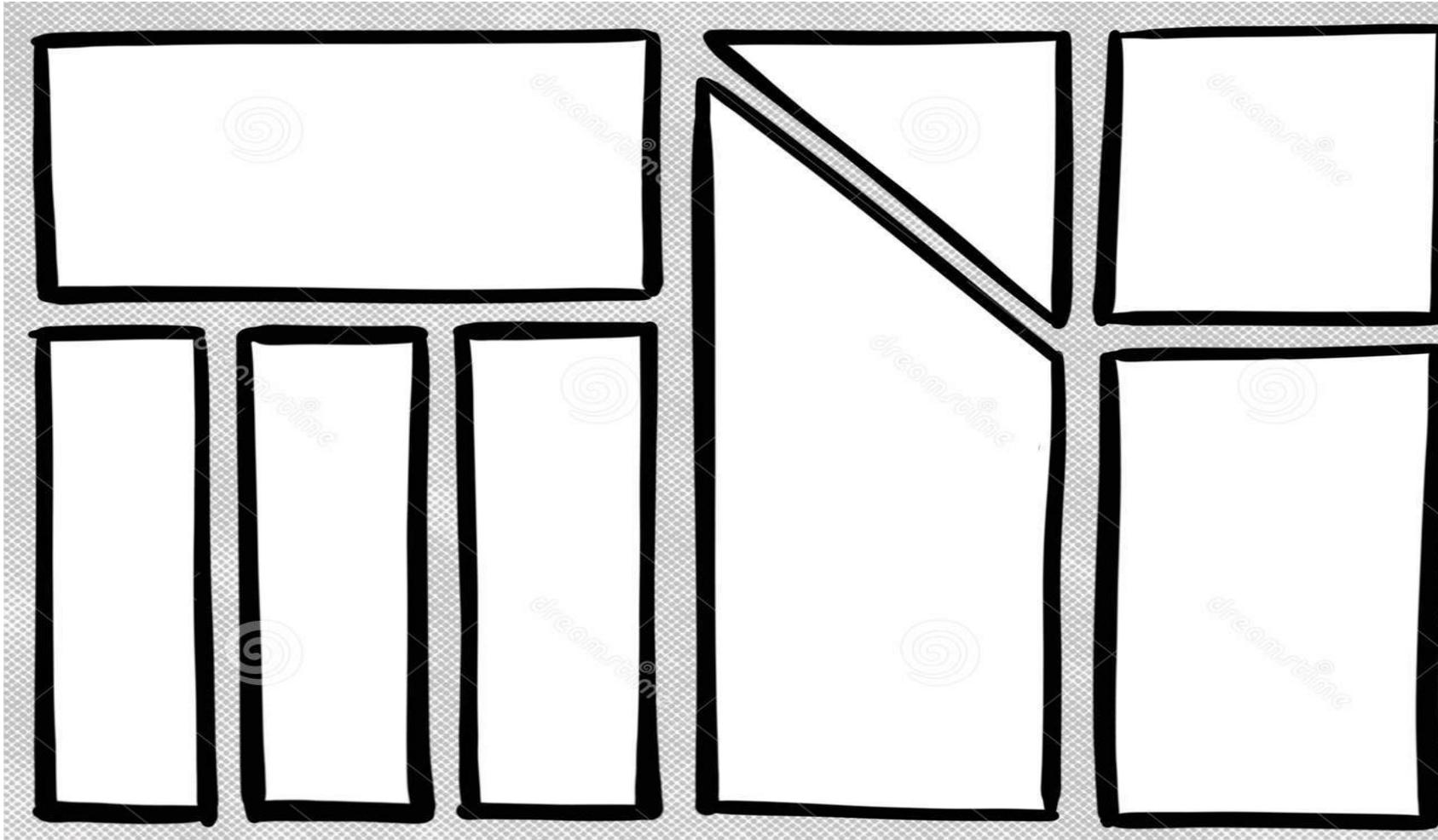




Take a break

My Day

- ▶ Can you draw your day as a comic book?



The Time Machine

Travel back to your best:

- ▶ Day
- ▶ Self
- ▶ Moment

