

## INSTRUCTIONS

1. Pick at least one from each category that helps you feel calm, focused, or energized.
2. Use items you already have at home or make a list of things you'd like to try.
3. Once complete, keep this worksheet handy and use it when you need grounding or self-care.

## TASTE

Pick 2-3 things that bring comfort, refreshment, or enjoyment.

*Examples: Peanut butter, fresh berries, iced water, ginger chews, rice crackers.*

### My choices:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## SIGHT

Pick 2-3 things to look at that help you feel calm, safe, or engaged.

*Examples: Watching waves, fairy lights, a cozy book nook, swirling fish, candlelight.*

### My choices:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## SOUND

Pick 2-3 sounds that soothe, energize, or ground you.

*Examples: Rain on a tin roof, wind chimes, favorite music, crickets at night, waves lapping.*

### My choices:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## SMELL

Pick 2-3 scents that bring comfort, refreshment, or relaxation.

*Examples: Freshly brewed coffee, vanilla, crushed lavender, ocean spray, freshly cut grass.*

### My choices:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## TOUCH

Pick 2-3 textures or sensations that bring comfort, relaxation, or focus.

*Examples: Holding a warm mug, soft scarf, petting an animal, squeezing a stress ball, walking barefoot on grass.*

### My choices:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## BUILDING YOUR TOOLKIT

Now, mix and match your choices to create your **ultimate calming or energizing toolkit!**

☒ **TASTE** \_\_\_\_\_

☒ **SIGHT** \_\_\_\_\_

☒ **SOUND** \_\_\_\_\_

☒ **SMELL** \_\_\_\_\_

☒ **TOUCH** \_\_\_\_\_

How does my sensory toolkit make me feel?

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♥ **Keep this worksheet handy and update it whenever you find new sensory experiences that help!**