

TASTE

EVERYDAY & ACCESSIBLE

1. Peanut butter
2. Fresh berries
3. Toast with honey
4. Buttered popcorn
5. Chopped cucumber
6. Dark chocolate
7. Peppermint tea
8. Lemon-flavored water
9. Chai latte
10. Almonds
11. Cold apple slices
12. Jelly cubes
13. Carrot sticks
14. Salted pretzels
15. Ice block
16. Spiced pumpkin soup
17. Coconut yoghurt
18. Fresh mango
19. Pineapple chunks
20. Chilled watermelon
21. Mint gum
22. Lemon sherbet
23. Chamomile tea
24. Rice cakes
25. Cinnamon toast
26. Crunchy granola
27. Soy sauce (salty taste)
28. Sugar-free chewing gum
29. Mashed sweet potato
30. Frozen grapes

SIGHT

EASY TO FIND AT HOME

1. Watching sunrise/sunset
2. Candles flickering
3. Watching fish in a tank
4. Fairy lights in a dark room
5. Lava lamp
6. Flames in a fireplace or candle
7. Water ripples in a glass
8. The glow of a salt lamp
9. Raindrops on a window
10. Colouring in a mandala
11. Patterns in a kaleidoscope
12. Watching steam rise from a cup
13. Soft warm lighting
14. Watching birds outside
15. Organising objects by colour
16. Looking at a sensory bottle
17. Watching a pet play
18. Seeing flowers bloom
19. Watching snowfall or rain fall
20. Watching shadows change with light
21. Looking at a photo album
22. Playing with a prism or glass crystal
23. Soft knitted blankets
24. Slow-motion videos
25. Watching soap bubbles pop
26. Watching a slow-moving fan
27. A beautifully set dinner table
28. Watching a candle wax melt
29. Looking at relaxing paintings
30. A clear night sky

SOUND

EASILY ACCESSIBLE

1. Running a fan
2. Ocean or rain sounds on an app
3. White noise machine
4. Listening to calming piano music
5. The hum of a fridge
6. The crackle of a candle wick
7. Rustling leaves outside
8. The sound of typing on a keyboard
9. Humming to yourself
10. Wind chimes in a gentle breeze
11. The ticking of a clock
12. A cat purring
13. The pop of bubble wrap
14. Listening to birds chirp
15. The sound of tearing paper
16. A heartbeat sound (on a meditation app)
17. The gentle clink of ice cubes in a drink
18. The fizz of a soft drink opening
19. Your favourite song played softly
20. The sound of a light rain shower
21. Whispering a calming word to yourself
22. The swish of a paintbrush on canvas
23. The soft crunch of footsteps on grass
24. The bubbling of water boiling in a pot
25. Pages turning in a book
26. A metronome ticking
27. Slow, deep breathing
28. The sound of a pet's paws on a floor
29. A washing machine humming
30. The distant murmur of people talking

SMELL

EASY TO FIND AT HOME

1. Freshly ground coffee
2. A vanilla-scented candle
3. Lavender essential oil
4. A freshly peeled orange
5. The smell of clean laundry
6. Rosemary or basil leaves crushed
7. Cinnamon sprinkled on toast
8. A bar of soap
9. Baking bread or cookies
10. Peppermint toothpaste
11. Freshly cut herbs
12. Coconut-scented lotion
13. The smell of old books
14. The scent of a warm wool sweater
15. Opening a new box of crayons
16. Lemon zest from a fresh lemon
17. Chamomile or herbal tea steam
18. Pine or eucalyptus-scented cleaning spray
19. Sun-dried towels
20. The smell of rain on dry ground
21. A warm vanilla rice pudding
22. The scent of sunscreen
23. A hot cup of chai tea
24. The smell of frying garlic in oil
25. The scent of a new leather wallet
26. The crisp scent of a cold morning
27. The smell of sunscreen on skin
28. Warm milk with honey
29. The smell of baby powder
30. A scented eye pillow

TOUCH

EASY TO FIND & INTERACTIVE

1. Holding a warm cup of tea
2. Wrapping up in a soft blanket
3. Kneading a stress ball
4. Running fingers through dry rice
5. Squeezing playdough
6. Feeling a warm heat pack
7. Petting a soft cat or dog
8. Running hands under warm water
9. Playing with a beaded bracelet
10. Pressing a cold ice pack against skin
11. Walking barefoot on grass
12. Rubbing smooth pebbles in hands
13. Running fingers over lace fabric
14. Holding onto a heavy book
15. Feeling the pages of a rough notebook
16. Pressing hands into a soft pillow
17. Doodling with a textured pencil
18. Rubbing soft velvet fabric
19. Feeling the weight of a weighted blanket
20. Running hands through kinetic sand
21. Holding a wooden rolling pin
22. Squeezing a cold water bottle
23. Playing with rubber bands
24. Wrapping hands around a hot drink
25. Pressing against a yoga mat
26. Brushing a soft makeup brush on skin
27. Feeling cool metal jewelry against skin
28. Running hands along a smooth table surface
29. Holding a smooth skipping stone
30. Feeling a silk ribbon between fingers