

CREATING A

safe space

TO SELF-SOOTHE & DO THE WORK OF
EMOTION REGULATION



I LIKE TO SEE

My favorite things to look at:
pictures of people, places, and
things (e.g. books, photo
album, blow bubbles).



I LIKE TO HEAR

My favorite things to hear:
music, sounds, voices, nature
(e.g. sound machine, radio,
computer, i-pod, cd player).



I LIKE TO TASTE

My favorite things to taste:
texture, flavor, temperature
(e.g. water, gum, mints,
crunchy snacks).



I LIKE TO SMELL

My favorite things to smell:
chocolate, fruit, flowers,
(e.g. scented candle, lotion,
flavored chapstick, air
freshener).



I LIKE TO TOUCH

My favorite things to touch:
texture, temperature (e.g.
blanket, jacket, pillow,
stuffed animal, ice pack, hot
cocoa, lotion, play doh, sand).

I LIKE TO SELF-REGULATE

