



USING THE **FIVE SENSES** FOR SELF REGULATION

SIGHT

Creative Visualisation
Photographs of a positive time
Exploring sights in nature
Reading a book
Creating art

HEARING

Nature sounds
Music
Relaxation techniques
Creative Visualisation
Audiobooks

TOUCH

Hold/hug something soft
Stroke a pet
Fiddle toys
Massage
Play Dough/Aroma-Dough
Yoga/stretches

TASTE

Chew a piece of gum
Eat a square of chocolate
Herbal tea

SMELL

Scented candle
Reed diffusers
Aroma-Dough
Nature scents
Herbal tea