

STRESS BUSTERS & 5-SENSES TOOLKIT

How Often	Stress Busting Tools for Mind, Body, Emotions & Spirit
Daily	
Weekly or Monthly	
Special Occasions	
“As Needed”	

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SOS	5 Senses
S Slow Down Slow controlled breathing, blow bubbles <u>Other ideas:</u>	<u>Sight:</u>
O Orient Be present – here & now Get grounded <u>My ideas:</u>	<u>Sound:</u>
S Safety Plan Stress Busters 5-senses Connections	<u>Touch/Texture</u>
Connect Who can I talk to? Who can I call?	<u>Smell:</u>
<u>Other Resources:</u>	<u>Taste:</u>

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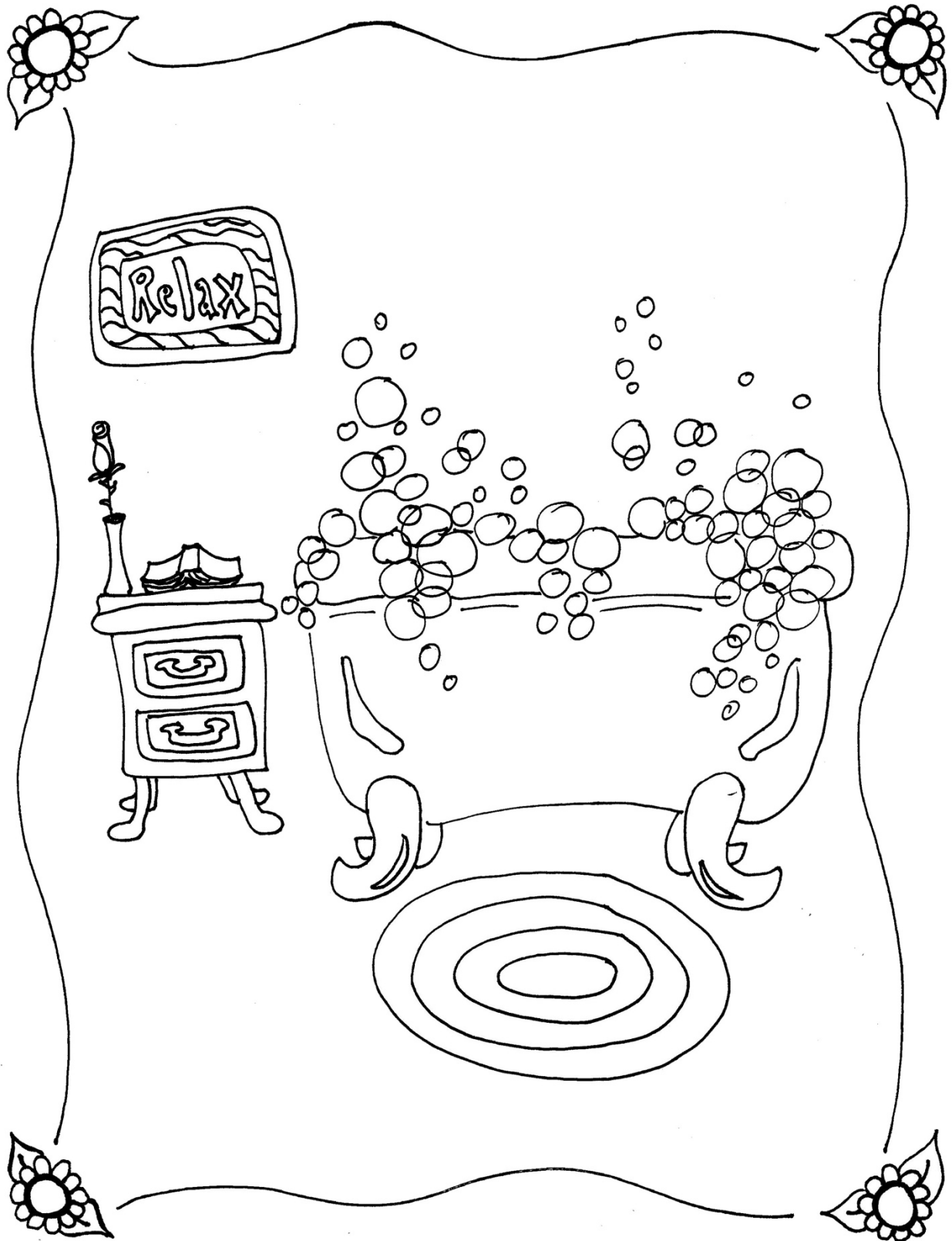
Stress Busters for Kids Worksheet

When?	What Helps me feel calm and relaxed?
When I have to do something I don't like	
When I am having a hard time concentrating	
When I am worried or scared about something	
When I am sad	
When I am angry	
When something reminds me of something bad that happened	
When there are too many people or too much noise	
When it is too quiet or I am lonely or bored	
When I am in bed and can't sleep	
Some other time: (name it)	
Things I can look at that make me feel calm	
Things I can listen to that make me feel calm	
Things I can touch or hold that make me feel calm	
Something I like to smell that helps me to feel calm	

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