

Create your own self soothing sensory kit - 'Note to self' cutouts

Directions: Feel free to print and cut out one or both of these 'notes to self', to keep in your sensory kit. You may find they are useful prompts to remind you to do something you enjoy or take a moment to breathe deeply and try to relax.



NOTE TO SELF:

Find this song:

.....

Play it.

And again.



NOTE TO SELF:

Walk outside and find a quiet place to stand.

Close your eyes.

Take a deep breath.

Feel the breeze on your face.