

# Self-Soothing with the Five Senses Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This activity helps you calm your body and mind using your five senses. It's a powerful way to regulate emotions, reduce stress, and bring yourself into the present moment when you're feeling overwhelmed.

When you're feeling anxious, upset, or stressed, try engaging each of your five senses with something comforting or enjoyable. Use the prompts below to create your personal self-soothing plan.

## SIGHT

*What can you look at that brings you peace or joy?*

- ☐ Look at calming images (e.g., ocean, forest, clouds)
- ☐ Watch a favorite movie or gentle video
- ☐ Sit outside and observe nature

**My ideas for sight:**

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## SOUND

*What sounds soothe or uplift you?*

- ☐ Listen to calming music or nature sounds
- ☐ Play an instrument or hum a favorite tune
- ☐ Use a sound machine or app with white noise

**My ideas for sound:**

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## SMELL

*What scents make you feel relaxed or safe?*

- ☐ Light a scented candle or incense
- ☐ Use essential oils (lavender, peppermint, etc.)
- ☐ Smell fresh herbs, flowers, or baked goods

**My ideas for smell:**

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## TASTE

*What flavors bring you comfort or grounding?*

- ☐ Sip a warm beverage (tea, cocoa)
- ☐ Eat a small treat slowly and mindfully
- ☐ Savor a favorite snack or piece of fruit

**My ideas for taste:**

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## TOUCH

*What textures or sensations help you feel safe and calm?*

- ☐ Wrap up in a cozy blanket
- ☐ Take a warm shower or bath
- ☐ Pet an animal or use a soft stuffed toy

**My ideas for touch:**

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# Your Self-Soothing Plan

Next time you feel overwhelmed, choose at least one sense from the list above and use it to ground yourself. Try combining two or three senses for a stronger effect!

Write your go-to combo here:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Reminder:**

You are allowed to take time to care for yourself. Using your senses mindfully is one way to connect to the present moment and soothe your nervous system.