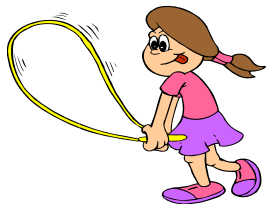


CALMING WITH ACTIVITIES, THOUGHTS AND SENSATIONS



ACTIVITIES

Play sports or computer games, read, draw or color, exercise, play with a pet, play an instrument; Do your nails; watch a DVD

Add your own "calming - activity"



THOUGHTS

Focus on other thoughts, read, count to 10, do puzzles, watch TV; remember when you went on vacation or played with a friend

Add how you would "calming - with other thoughts"

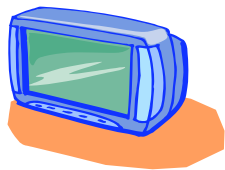


SENSATIONS

Hold ice in your hand, put rubber band on wrist and pull it, squeeze a rubber ball, listen to very loud music

Add how you might "calming - with sensations"

CALMING BY ATTENDING TO THE FIVE SENSES



VISION

Look at a poster you like, watch TV, take a walk in a meadow or park. Look at a picture book

Add your "soothing by seeing"

HEARING

Listen to fun music; sing along with your favorite CD; play an instrument

Add your "soothing by hearing"



SMELL

Use Lotion that you like, bake cookies, smell flowers

Add your "soothing by smelling"

TASTE

Have a snack, have a favorite drink or your favorite flavor of ice cream, chew your favorite gum, suck on a candy

Add your "soothe by tasting"



TOUCH

Pet your dog or cat, take a bubble bath, brush your hair for a long time, put lotion on your body, hug someone,

Add your "soothing by touching"