FAVORITE ♡ THINGS

To help with using your senses, write your favorite thing in each category.

3 SONGS YOU LISTEN TO

2 OF YOUR FAVORITE SMELLS

YOUR FAVORITE SNACK OR FOOD

my SELF ♡ CARE plan

On the days when you're not feeling the best, use this plan to help remind you of your favorite things.

This book belongs to:

Touchstone FOUNDATION | Youth Mental Wellness Partners

USE YOUR SENSES

Start with a simple deep breathing exercise called the 5-5-5 method.

- breathe in for 5 seconds
- hold your breath for 5 seconds
- then breathe out for 5 seconds

Try the 5-4-3-2-1 technique! This activity helps you to focus on what's around you! See if you can find:

- 5 THINGS YOU SEE
- 4 THINGS YOU FEEL
- 3 THINGS YOU HEAR
- 2 THINGS YOU SMELL
- 1 THING YOU TASTE

FAVORITE THINGS

To help with using your senses, write your favorite thing in each category.

5 OF YOUR FAVORITE SHOWS/MOVIES TO WATCH

4 OF YOUR FAVORITE CLOTHES/SHOES/JEWLERY