

a b c

sensory

a ... air



**use your breath**

notice it      welcome it      take deep breaths      slow it down

**use activities**

smell things you like    blow bubbles    sing a song    suck something    gargle    drink  
recite a verse    whistle    sip a smoothie with a straw    speak slowly    blow a pinwheel



b ... body

**... use your body MOVE**

stretch    wriggle    chew    shrug    walk    hug    shake    hand massage    jump    swing    dance  
brush hair    shower    garden    yoga    swim    clean    knead    play sport    gym    heavy work

**use your senses...** *what helps you feel calm and safe or is a positive distraction*

|         |         |
|---------|---------|
| touch.. | taste.. |
| hear..  | see..   |
| smell.. | do..    |

*remember you may want less of some things eg noise, light or activity*

c ... connections



**which people, places and things help you feel better**

*eg friends, family, pets, a team, outdoors, bedroom, photos, writing, playing an instrument*

who..  
where..  
what..

try any or all    the order doesn't matter    it's easier to think and do what you need to after **abc**