

Calming Skills Sheet

Using the Senses (ex. smells, touch, music)	Using the Body (ex: stretching, yoga, exercise)	Using the Mind (ex: meditation, visualization)	Remember the Rules
			<ol style="list-style-type: none"> 1) It has to work to calm us down 2) It has to be able to be done anywhere most of the time 3) It has to not be noticeable 4) It has to be safe. <p>Places & Times I Can Practice:</p>
Using Release (ex: journaling, talking, venting)	Other/s?		1)
			2)
			3)
			4)
			5)