



The Cool Down Kit

1



Sight

Scan through your 5 senses. Choose an item that makes you feel safe and grounded, and that engages one of the senses.

2



Smell

Gather your items together for each sense.

3



Hear

Find a nice bag, box or basket to hold all 5 of your items.

4



Taste

Use your cool down kit when you find yourself feeling overwhelmed or triggered.

5



Touch

Have fun with your items! They will remind you that you have full control of what receives your attention and action.

How it Helps



A gentle reminder that we are safe simply because we are in the present and not in the past.



When we are naturally triggered, this is a helpful way to return to the present moment.

An example Cool Down Kit may include:

Sight: Photo of a comforting place

Smell: Essential oil

Hear: Soothing song

Taste: Chamomile tea

Touch: Favorite stuffed animal