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

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