

# SELF-CARE FOR THE SENSES

## Sight



GLITTER JARS



COMFORT TV



TIME OUTSIDE

## Sound



SOOTHING MUSIC



MEDITATION MUSIC



NATURE SOUNDS

## Smell



LOTION



CANDLES



DIFFUSER

## Taste



HOT CHOCOLATE



TEA



MINTS OR HARD CANDY

## Touch



COZY BLANKET



STUFFED ANIMALS



FURRY FRIENDS