Use Your 5 Senses to Calm Down in 5 Minutes

**Sight**
- Close your eyes and picture your favourite place to be
- Find a nearby window or step outside for a few minutes
- Watch a funny video (seriously - try it!)

**Smell**
- If you're at home, light your favourite candle
- Get some fresh air...even in winter!

**Taste**
- Aim for a healthy crunchy snack like trail mix or veggies and dip
- Have a hot cup of tea or coffee
- Drink some ice cold water or juice
- Savour a square of dark chocolate or minty gum

**Touch and Movement**
- Wrap up in a warm blanket
- Put on your favourite comfortable clothes
- Snuggle any nearby pets
- Roll your head side to side, let it hang in the centre, repeat!
- Give yourself a hand or neck massage
- Take a short walk

**Sound**
- Put on your favourite song and put your head down, or if it makes you feel like dancing, dance!
- Go outside and listen to passing cars, birds, etc.
- Talk to the friend who just knows how to listen