

plants, flowers, fabric....



LOOKING AT  
YOU LIKE  
SOMETHING  
NO  
SAY  
LOOK

GROUNDING  
Find 5 things around  
you of the same colour.

Name 4 things you  
can feel right now.

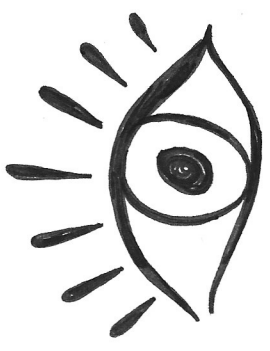
What 3 sounds can  
you hear?

Name 2 things you can  
smell (or like to smell)

What's 1 good thing  
you can feel now?

Look around you  
slowly as you  
move your neck

LOOK AROUND



REMEMBER  
A MOMENT

YOU FELT:

GOOD  
SAFE  
OKAY  
AT EASE

as you remember,  
what do you feel in  
your body?

Outbreath

LONG

Invite 4-3



BREATHE!

Sim Skin Sutra

PRACTICE  
THESE EXERCISES  
anytime

Hold Your To Harmonize

Thumb .....	Worry
Index Finger .....	Fear
Middle Finger .....	Anger
Ring Finger .....	Sadness
Little Finger .....	Trying-to

Hold For  
5+ minutes

FEEL YOUR LEGS

+

FEEL  
YOUR  
FEET

FEEL YOUR FEET

Pocket Book

TOOLS



CALMING

THE  
CALM