

THINGS YOU LIKE TO HEAR?

# SELF SOOTHE BOX

This is a toolkit of things that can help you feel calm, relaxed and help you manage your emotions.

THINGS YOU LIKE TO TASTE?

THINGS YOU LIKE TO SMELL?

THINGS YOU LIKE TO FEEL?

THINGS YOU LIKE TO SEE?

THINGS YOU LIKE TO DO?

WHO DO YOU LIKE TO BE AROUND?

WHERE DO YOU LIKE TO BE?



COMPASS BE