

# NATURE'S CALM KIT



Create your customised Calm Kit by experimenting with what keeps you calm and grounded. Print out this worksheet and grab a pencil, then immerse yourself in a natural environment. Using your senses one at a time, ask yourself what helps YOU to feel calmer.

**WHAT CAN I SEE?**

**WHAT CAN I TASTE?**

**WHAT CAN I HEAR?**

**WHAT CAN I TOUCH?**

**WHAT CAN I SMELL?**

