

something to
touch: slime,
spiky ball, cold
stone, ice

**something
cold**

something to
calm: cbd oil,
medication

GABA

**something
to taste**



**something
to drink**

something to
do: 54321,
roygbiv,
breathing

**someone to
support**

something to
smell: lotion,
candles,
essential oil

Austin Teen Therapy