








Self-Soothe Box Planning Sheet (SESSION 7)

	<p><i>For example....your favourite song written on a post it note.</i></p>
	<p><i>For example....your favourite smelling lip balm.</i></p>
	<p><i>For example....a chewy sweet.</i></p>
	<p><i>For example....hand cream to massage into your hands.</i></p>
	<p><i>For example....a photo of your pet.</i></p>
<p>Other ideas...</p>	