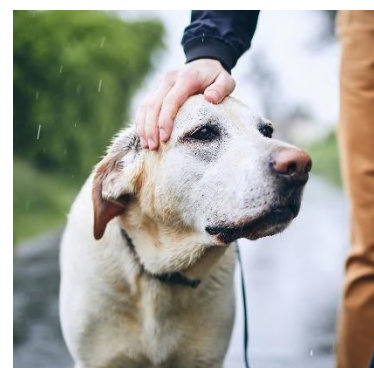
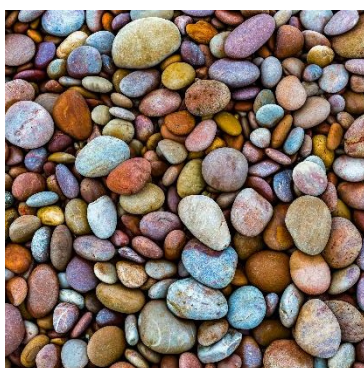
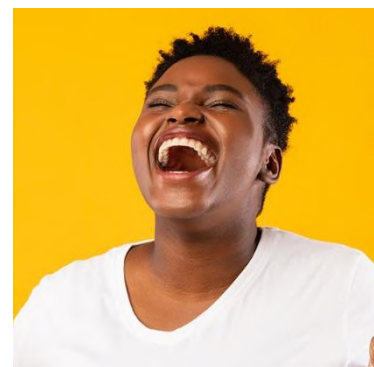
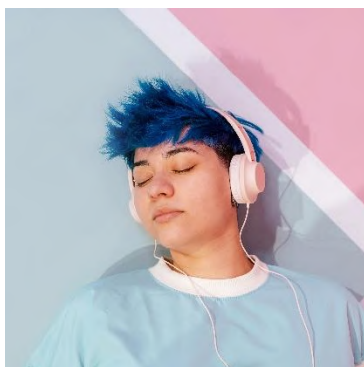
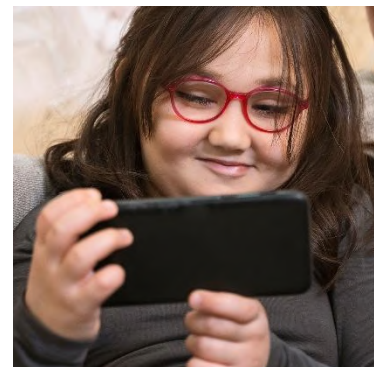
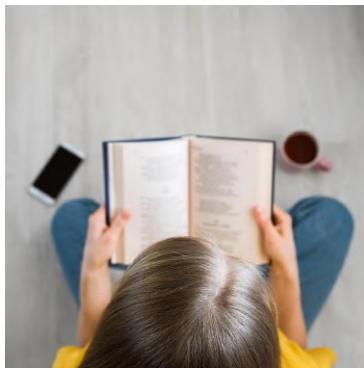


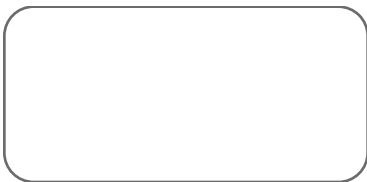


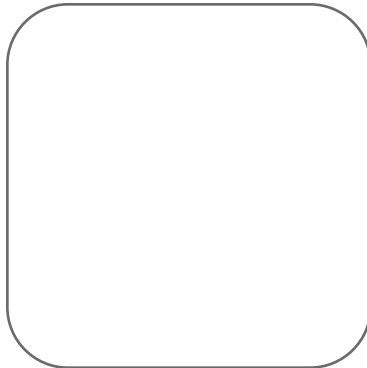
Worksheet: Things and activities inducing sensory joy

1. Circle the images that represent things and activities that you enjoy and use when you're emotionally or sensorily distressed ("emotional containers"). Add more detail in spaces provided.
2. Add a "P" to things and activities you could take with you or have easy access to (with some planning) when anticipating a stressful event, for example going to busy places or hospitals ("portable safe spaces").



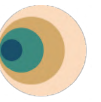






Phone apps (remember to charge your phone or bring phone charger)





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