

# Worksheet 30: Ways to shift your child's focus of attention using the senses

Sound	Touch	Sight	Smell	Taste
<input type="checkbox"/> Listening to music	<input type="checkbox"/> A gentle massage	<input type="checkbox"/> Looking at a picture of loved ones	<input type="checkbox"/> Essential oils	<input type="checkbox"/> Sucking on a mint
<input type="checkbox"/> Listening to the waves	<input type="checkbox"/> Massaging cream into your hands	<input type="checkbox"/> Imagining a safe place	<input type="checkbox"/> Perfume	<input type="checkbox"/> Having a cool drink
<input type="checkbox"/> Silence	<input type="checkbox"/> Cuddling	<input type="checkbox"/> Watching a film	<input type="checkbox"/> The smell of clean washing	<input type="checkbox"/> Chewing gum
<input type="checkbox"/> White noise	<input type="checkbox"/> Stroking (hair or skin)	<input type="checkbox"/> Drawing a picture		<input type="checkbox"/> Having a cup of herbal tea
<input type="checkbox"/> Classical music	<input type="checkbox"/> A cuddly blanket	<input type="checkbox"/> Colouring		<input type="checkbox"/> Having a snack
<input type="checkbox"/> Singing	<input type="checkbox"/> A bath			
	<input type="checkbox"/> Therapy putty			
	<input type="checkbox"/> Fidget toys			