

## Worksheet 23: Times when your child's soothing system is activated

Soothing strategy	Tick/cross	Soothing strategy	Tick/cross
Cuddles		Other physical soothing	
Massages		Tickles	
Soft toy or blanket		Reassurance	
Holidays		Distraction (TV, social media)	
Colouring		Being in a safe place	
Gaming		Reading	
Talking about a special interest of theirs		Bouncing on a trampoline	
Chatting to friends		Other:	