

Self-Soothing Activities for Touch



Hold a Textured Object



Try a smooth stone, stress ball, or favorite fabric.

Wash Hands Slowly



Pay attention to water's temp and feel.
(Free, under 5 min)



Change into Comfy Clothes



Lose scratchy/tight layers for soft, comfy wear.

Give Yourself a Hand Massage



Slowly work your palms & fingers with pressure.
(Under 5 min)



Sit Physically Supportive



Adjust chair, pillow, or foot position to feel "held". (Free)

