

Exploring Sensations Through the Help Now! Strategies

With a partner, try the Help Now! Strategies, noting what sensations you feel and if you find them pleasant, neutral or unpleasant. Discuss your experience with your partner.

Station #	Strategy	What sensations do you notice in your body?	Are the sensations pleasant, unpleasant, or neutral? Circle.
1	Slowly drink a glass of water. Feel it in your mouth and throat.		  
2	Name six colors you notice in the room.		  
3	Look around the room and notice what catches your attention.		  
4	Count backwards from 10.		  
5	Touch a piece of furniture or a surface near you. Notice its temperature and texture.		  
6	Press your palms together firmly or rub your palms together until they get warm.		  
7	Notice different 3 sounds in the room and 3 outside of the room.		  
8	Spend a minute walking around the room. Notice the feeling of your feet on the ground.		  
9	Slowly push against a wall with your hands or your back and notice any feelings in your muscles.		  

Bank of Sensation Words: Add more sensation words that your group came up with!

coolness	looseness	tingling
heaviness	openness	warmth
lightness	tightness	

If you have time, consider how the strategies you try may be useful or not if you used them during a time you wanted to become more alert or to calm down.