

Station 1



Slowly drink a glass of water.
Feel it in your mouth and throat.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?

Help Now! Strategy

Station 2



Name six colors you see.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?

Station 3



Look around the room and notice what catches your attention.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?

Station 4



Count backwards from 10 as you walk around the room.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?

Station 5



Touch a piece of furniture or a surface near you. Notice its temperature and texture.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?

Station 6



Press your palms together firmly or rub your palms together until they get warm.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?

Help Now! Strategy

Station 7



Notice the 3 sounds within the room
and 3 sounds outside.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?

Station 8



Walk around the room.
Notice the feeling of your
feet on the ground.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?

Help Now! Strategy

Station 9



Slowly push your hands or back
against a wall or door.

What do you notice on the inside?
Is it pleasant, unpleasant, or neutral?