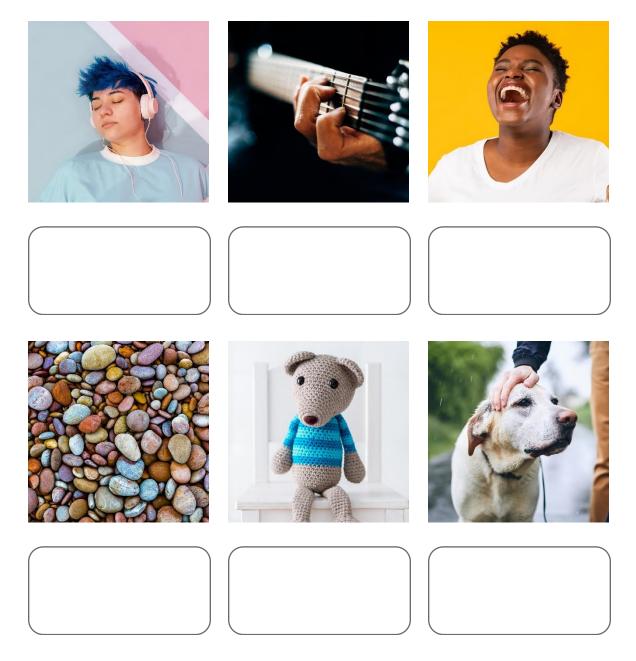
Worksheet: Things and activities inducing sensory joy

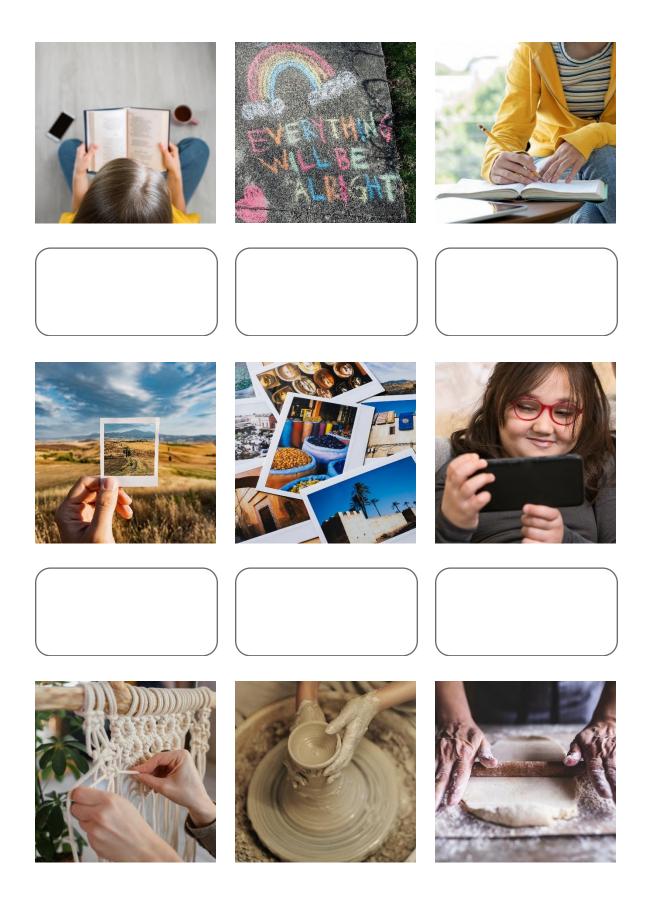
- Circle the images that represent things and activities that you enjoy and use when you're emotionally or sensorily distressed ("emotional containers"). Add more detail in spaces provided.
- 2. Add a "P" to things and activities you could take with you or have easy access to (with some planning) when anticipating a stressful event, for example going to busy places or hospitals ("**portable safe spaces**").



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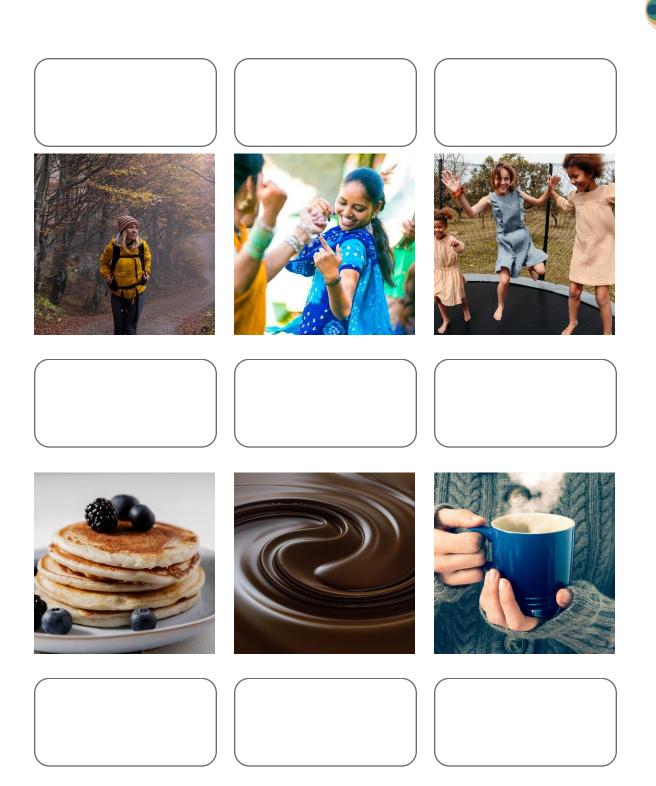
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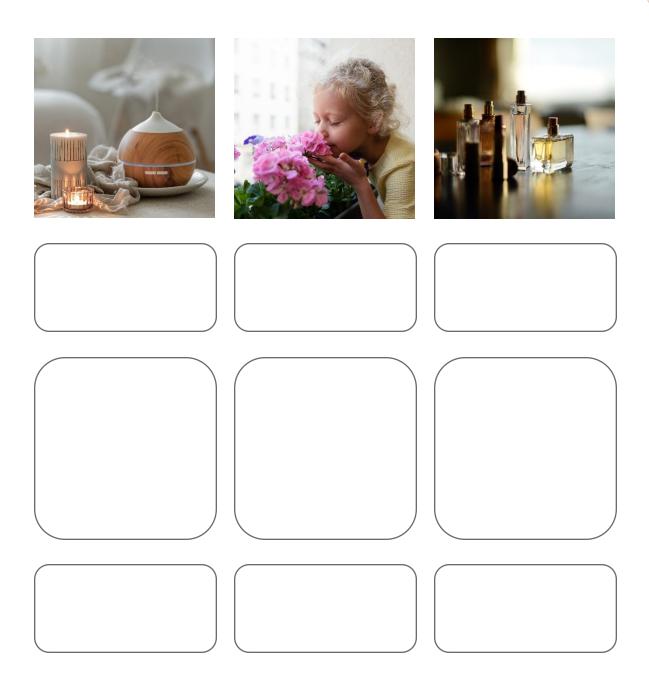


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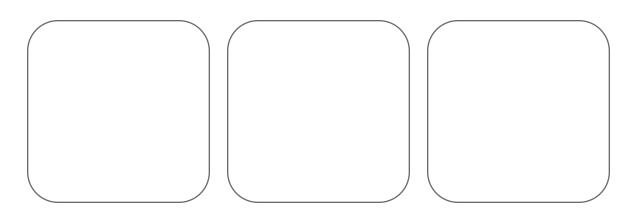
Phone apps (remember to charge your phone or bring phone charger)



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