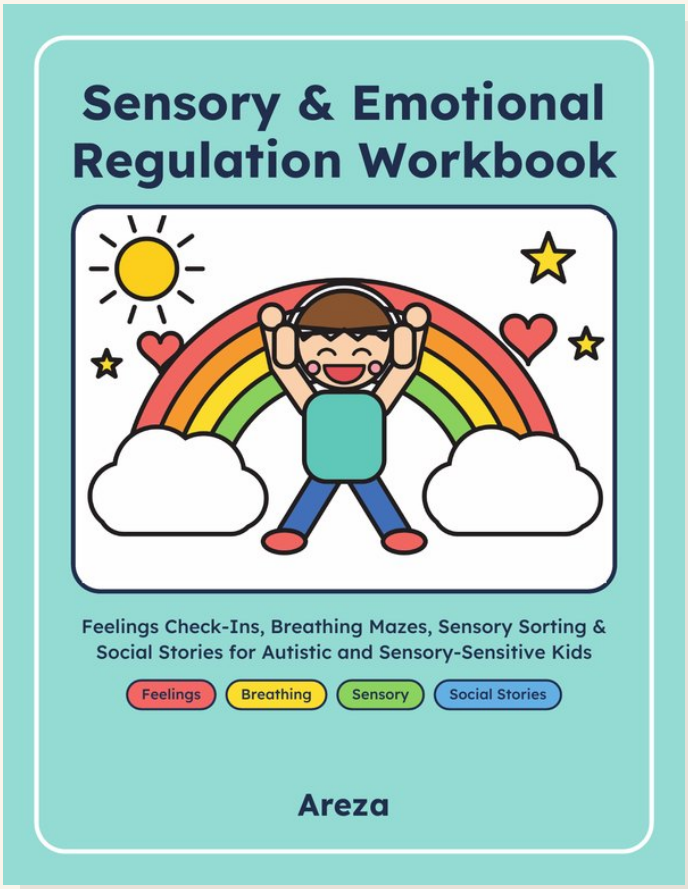

Sensory & Emotional Regulation Workbook

Calm tools to see, trace and color · Autistic & sensory-sensitive kids

IN THIS SAMPLE · PRINT AND ENJOY

- Page 2: My Feelings Thermometer
- Page 3: Star breathing path
- Page 4: Sounds Around Me

Coming soon to Amazon. Join the list at areza-books.netlify.app to hear the day it goes live.

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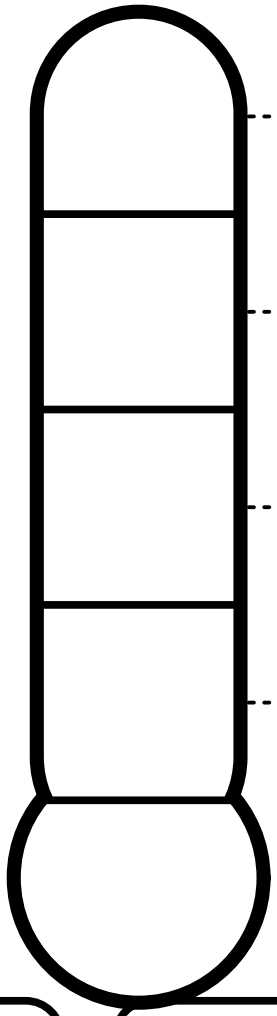
My Feelings Thermometer

Color the level that matches how you feel.

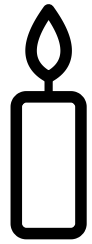


Overwhelmed
(red)

Frustrated
(orange)

Worried
(yellow)

Calm
(green)



Slow breaths



Sip of water



Quiet corner

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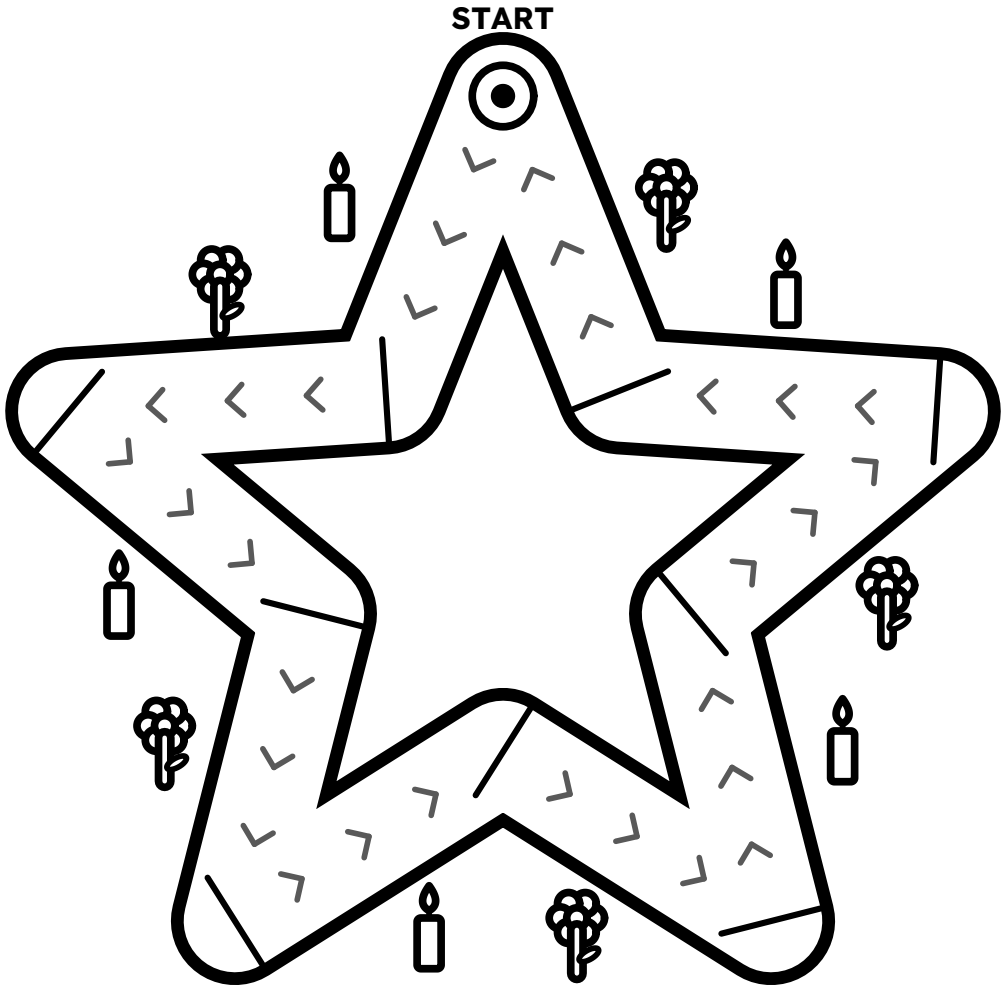
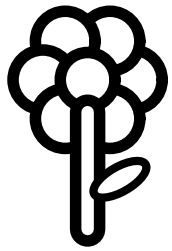
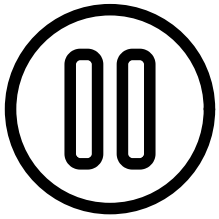
Star Breathing

Trace the path slowly and breathe with the pictures.

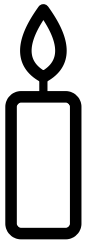




Breathe In



Hold



Breathe Out

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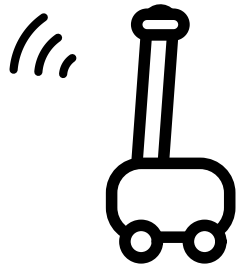
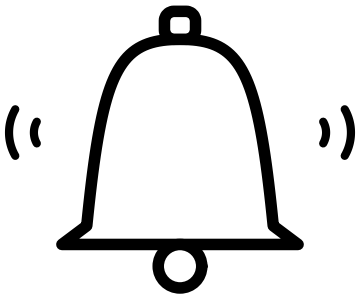
Sounds Around Me

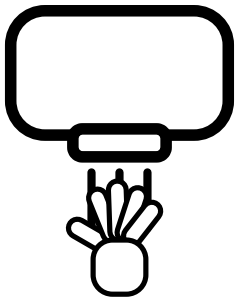
Circle the sounds that feel too loud.



Vacuum



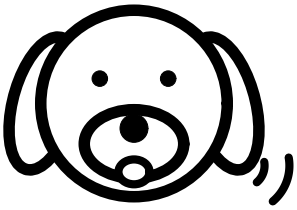
Fire alarm



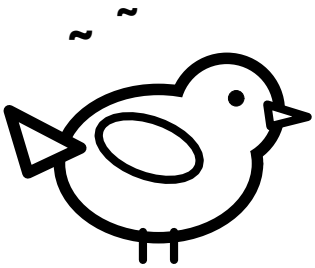
Hand dryer



Drum



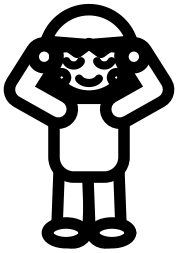
Barking dog



Birds



Headphones



Cover my ears



Quiet corner

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