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## Sensory Calming Exercise

Close your eyes if you wish.

Cup your hands, then place them over your ears. Slowly open your hands from the front to allow in noise, then slowly place them over your ears again. Do this three times.

Close your eyes and repeat the same practice over your eyes three times.

Place your hands over your heart and take three long, slow deep breaths as you feel your feet wherever they are or your bum where you are sitting.

Slowly open your eyes.