



DBT

center of orange county

* CRISIS SAFETY KIT RECIPE *

TITLE: MY CRISIS SAFETY KIT: 5 SENSES

30 MIN

PREP TIME

AS LONG AS YOU NEED!

TOTAL TIME

* INGREDIENTS

Bag or Box

Calming Herbal Tea

Play-Doh

Lavendar Essential Oil

Candle

Affirmations

Bubbles

Coloring Page

Crayons

Pocket Puzzle

Chocolate/Candy

Gratitude List

NOTES: INCORPORATE ALL 5 SENSES!