



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

Bubbles

Calming Herbal Tea

Coloring Page

Play-Doh

Crayons

Lavender Essential Oil

Pocket Puzzle

Candle

Chocolate/Candy

Affirmations

Gratitude List

NOTES: INCORPORATE ALL 5 SENSES!