






# MADE A MASTERPIECE

A Community for Those with Skin Conditions

Sense	Your object that makes you calm:	Examples
See		 <p>Picture of a loved one? Favorite color?</p>
Smell		 <p>Candle? Hand lotion?</p>
Touch		 <p>Slime? Stress ball?</p>

Hear



Favorite song? Movie?

Taste



Candy? Gum?

Sometimes we can feel overwhelmed by strong emotions. Hard days or comments about our appearance can affect us. Please use this worksheet to create your own soothing kit. Use the soothing kit and focus on your favorite objects. What do you observe about them? How do they feel by touch? What about hearing?