






Somatic Coping Skills *Cue Cards*

Body-Based Tools to Regulate & Reset

-  36 Printable Cue Cards
-  9 Somatic Themes
-  A4 PDF • Instant Download

Aspie Answers by Kerrin Maclean

Grounding

Press My Feet Down



- ◆ Plant my feet on the ground firmly.
- ◆ Notice the ground holding me up.
- ◆ Press down and feel my legs.

Find 5 Things



- ◆ Look for 5 things I see to anchor me.
- ◆ This helps bring me into the present moment.

Push into the Wall



- ◆ Stand up and push my palms into the wall.
- ◆ Feel the solid surface against my hands.
- ◆ Notice the pressure and strength in my arms.

Focus on Gravity



- ◆ Sit down and take a calming breath.
- ◆ Feel the weight of my body pulling down softly.
- ◆ Notice the support beneath me.

Breathwork

Box Breathing



- ◆ Inhale for 4, hold for 4.
- ◆ Exhale for 4, hold for 4.
- ◆ Repeat this as needed.

Belly Breathing



- ◆ Place my hands on my chest and belly.
- ◆ Breathe slowly into my belly.
- ◆ Notice my hands rise and fall.

Smell the Flower



- ◆ Pretend to smell a favorite flower (inhale).
- ◆ Feel the air filling my body.
- ◆ Slowly breathe out.

Blow the Candle



- ◆ Pretend to blow out a candle (exhale).
- ◆ Feel the air leaving my body.
- ◆ Try to do it slowly and gently.

Movement

Shake It Out



- ◆ Shake my arms, hands or legs loose.
- ◆ Release energy out through my limbs.
- ◆ Let go of any tension I feel.

Walk Around



- ◆ Stand up and start walking gently.
- ◆ Notice my feet contacting the ground.

Body Twists



- ◆ Sit down and twist my torso to one side.
- ◆ Place one hand on the opposite knee.
- ◆ Notice the stretch, twist and release.

Move Slowly



- ◆ Move my body slowly and gently.
- ◆ Stretch gently or try slow-motion movements.
- ◆ Notice the relaxation that comes.

Touch & Texture

Squeeze a Fidget



- ◆ Hold a fidget toy I like, like a stress ball.
- ◆ Squeeze it in my hands and notice the shape.
- ◆ Feel the texture and release some tension.

Touch Soft Things



- ◆ Hold something soft, like a blanket or plush.
- ◆ Notice it touching my skin.
- ◆ Feel the softness and comfort.

Brush with Texture



- ◆ Use a textured brush to sweep my arm.
 - ◆ Focus on how the brush hairs feel.
- Notice the texture gently against my skin.

Self-Massage



- ◆ Rub my own shoulders, arms, legs, etc.
- ◆ Use firm or gentle pressure.
- ◆ Notice the relief and connection to my body.

Pressure & Containment

Weighted Item



- ◆ Hold a weighted blanket or stuffed animal.
- ◆ Feel the pressure as it rests on my body.
- ◆ Notice the comfort of being contained.

Cross My Arms



- ◆ Cross my arms around myself gently.
- ◆ Feel my hands on my upper arms.
- ◆ Notice the warmth and containment.

Hand on Heart



- ◆ Place a caring hand gently against my chest.
- ◆ Notice the warmth of my touch.
- ◆ Feel the support and comfort.

Hold My Head



- ◆ Rest my forehead in my hands.
- ◆ Feel the pressure and containment.
- ◆ Notice the relief and comes to my body.

Stillness & Body Scan

Hand on Belly



- ◆ Place my hand on my belly.
- ◆ Notice how it rises and falls as I breathe.
- ◆ Rest my awareness here for a few moments.

Body Scan



- ◆ Sit down and close my eyes.
- ◆ Gently notice each part of my body.
- ◆ See if I can soften the places that hold tension.

Lie Still



- ◆ Lie down flat in a comfortable spot.
 - ◆ Allow my body to relax gently.
- Notice the support beneath me.

Tense then Relax



- ◆ Tense my whole body and hold for a few seconds.
- ◆ Relax and let go of all the tension.
- ◆ Let my muscles soften deeply.

Temperature Shifts

Hold an Ice Pack



- ◆ Hold an ice pack or something else cool.
- ◆ Feel its coldness against my skin.
- ◆ Notice what happens as I breathe.

Try a Warm Drink



- ◆ Make a warm cup of tea or another drink.
- ◆ Wrap my hands around the mug:
- ◆ Notice the warmth and comfort as I sit.

Splash Some Water



- ◆ Splash cool or warm water on my face.
- ◆ Feel the temperature change as I touch the water.
- ◆ Notice the shifts inside me.

Imagine a Warm Glow



- ◆ Sit still and take a calm breath.
- ◆ Imagine a warm orange glow inside of me.
- ◆ Notice of coziness and comfort.

Visual & Auditory Anchors

Look at Nature



- ◆ Look at a plant or out the window.
- ◆ Feel its coolness against my skin.
- ◆ Let the sight calm and center me.

Listen Closely



- ◆ Close my eyes and listen carefully.
- ◆ Notice the sounds near and far.
- ◆ Let the sounds soothe and steady me.

Hold a Visual Anchor



- ◆ Hold a soothing object in my hands.
- ◆ Focus on its texture, color, and shape.
- ◆ Let it be something safe that keeps me present.

Listen to Music



- ◆ Listen to music that feels soothing.
- ◆ Focus on the beat, tune, and rhythm.
- ◆ Let the music calm and center me.