PLEASE FILL OUT AND EMAIL TO: devault.clevenger@pinnaclefamilyservices.org

BEFORE Self Care Part 2 presentation, Friday, Feb 12th

**Self-Care in the Moment Prep Poll**

**Second Part of Self-Care Presentation**

1. What song inspires you? (Add the performer to your answer) **HEAR**
2. What song calms you? (Add the performer to your answer) **HEAR**
3. What is your favorite meal? **TASTE**
4. What food is your comfort food? **TASTE**
5. What scene can you picture in your head that puts you in your happy place? **SEE**
6. What is your favorite color? Name something that you have that is in this favorite color. **SEE**
7. What is something that you like to touch? **TOUCH**
8. What smell brings back good memories for you? Say something about that good memory. **SMELL**
9. Name something that you like to smell. **SMELL**
10. Name a hobby that you enjoy.
11. Have you ever taken a dance class? If yes, what type of dance?
12. Have you ever taken an art class? If yes, what type of art?
13. Have you ever taken a writing class? If yes, what type of writing?