

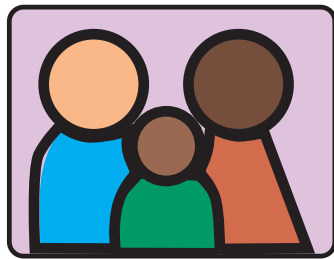
# Distraction Activities

If your child is feeling bored, lonely, sad or scared, doing a fun activity to distract them from their difficult feelings can really help. Here are a few to try. There are many more ideas online, such as craft activities and games. Make sure all the activities follow our Golden Rules: What I choose doesn't hurt me or anyone else.

After they've finished, you can ask them: Did that help you to feel better?

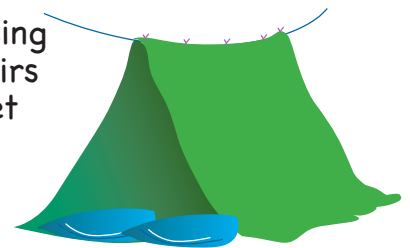
## Family portrait

Draw a picture of everyone in your home with you.



## Build a den

Make your own private place using a couple of chairs and an old sheet or towel.



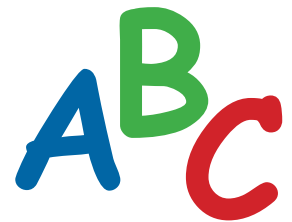
## My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!



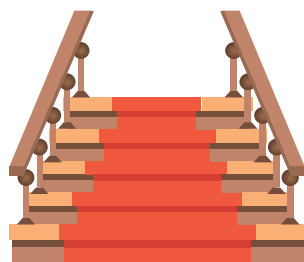
## Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.



## Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.



## Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?



## Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.



## Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.

