Distractions that can help....

**Physical**
1. Exercise
2. Shouting and Screaming
3. Ripping up paper into small pieces
4. Popping bubble wrap
5. Playing with stress balls
6. Taking your anger out on a soft toy
7. Dancing
8. Swimming
9. Going for a drive/bike ride/walk

**Creative**
1. Writing poetry, journals, letters, or stories
2. Doodling on paper
3. Playing a musical instrument
4. Singing
5. Knitting
6. Sewing
7. Drawing or painting
8. Memorizing poetry or song lyrics

**Comforting**
1. Sleeping
2. Crying
3. Cuddling a toy or pillow
4. Taking a shower or bath
5. Playing with a pet
6. Drinking hot tea
### Distractions that can help....

#### Constructive
1. Doing school work, homework, or paperwork
2. Writing a to do list
3. Organizing your room
4. Cleaning
5. Reading a book
6. Cooking or baking
7. Painting your nails
8. Gardening

#### Fun
1. Watching TV
2. Listen to music
3. Using make up or face paints
4. Coloring
5. Counting anything
6. Playing computer games
7. Doing crosswords or word searches

#### Distractions
1. Calling or texting other people
2. Helping around the house
3. Visiting a friend electronically
4. Talk about your problems
5. Journal
6. Draw