

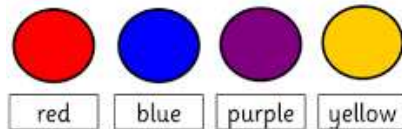
## Distraction and Relaxation Cards

These are distraction cards with tips for when you might feel a little nervous. Perhaps you could pick 2 of your favourites to cut out!

Sing your favourite song



Count the colours in the room you are in



Play a game of i-Spy!



Say out loud: 'I can do this, I am doing great'



Use your imagination to think of a story



Count backwards from 10

