

# DISTRACTION ACTIONS!

How DO you DISTRACT YOURSELF? What makes you feel better?

1 \_\_\_\_\_ 2 \_\_\_\_\_

3 \_\_\_\_\_ 4 \_\_\_\_\_

Do you remember to try these when you're feeling bored or overwhelmed?

If your usual distractions don't work- **ADD** a **TWIST!**

Make a weird or silly version of them by...

*-Acting it out- make it into a play!*

*-Making it into a Dance or a Poem or a Collage!*

*-Finding the best! or the Worst! / Write a review!*

*-Observing and taking notes! like a science experiment!*

Here are some ways to put a twist on things we do alot!

**COOK!**

Bake the weirdest cake ever! Food dye?

What did you make? \_\_\_\_\_

**READ!** What are you reading?\_Can you illustrate it? Act it out?

\_\_\_\_\_

**MUSIC!** Play it! Listen to it! Dance to it!

What are you listening to? \_\_\_\_\_

**ANIMALS!** Find the cutest one online and make it a "Cute" prize!

Who won? \_\_\_\_\_

**EXCERCIZE!** Work out sites are EVERYWHERE!

Take notes! Measure your heart rate! How many reps can you do?

\_\_\_\_\_

**WATCH TV!** Be a film critic: write reviews of movies and rate them!

\_Best; \_\_\_\_\_

Worst: \_\_\_\_\_

Why? \_\_\_\_\_

