Appendix 1.2 - please note not all of these will be appropriate on the ward

***DISTRACTION ACTIVITIES***

***Distraction*** helps to take your mind off your negative thoughts

***Distraction*** helps you to control your thoughts by thinking about something else

Distraction can be achieved in many different ways. Here are some ideas………

**FUN ACTIVITIES**

|  |  |
| --- | --- |
| ***Idea*** | **Tick if it is an activity you might try** |
| 1. Watching your favourite TV show or box set
 |  |
| 1. Going to see a film, watching a DVD
 |  |
| 1. Listen to music, download new music
 |  |
| 1. Colouring in
 |  |
| 1. Finger painting
 |  |
| 1. Using make up or face paints
 |  |
| 1. Playing with play dough or modelling clay
 |  |
| 1. Pop balloons
 |  |
| 1. Jumping in puddles
 |  |
| 1. Hunting for things on eBay
 |  |
| 1. Write down your name then make as many words out of it as possible
 |  |
| 1. Counting anything, patterns on wallpaper, tiles, bricks
 |  |
| 1. Playing computer games
 |  |
| 1. Playing with Lego
 |  |
| 1. Playing with fidgets
 |  |
| 1. Doing crosswords, word searches, suduko etc
 |  |
| 1. Going shopping to treat yourself
 |  |
| 1. Playing with your pet
 |  |

**COMFORTING ACTIVITIES**

|  |  |
| --- | --- |
| ***Idea*** | **Tick if it is an activity you might try** |
| 1. Cuddling a soft toy or pillow
 |  |
| 1. Take a short nap
 |  |
| 1. Take a shower or bath
 |  |
| 1. Stroke a pet
 |  |
| 1. Have a warm drink
 |  |
| 1. Have a massage or massage your own hands or feet
 |  |
| 1. Wrap yourself in your favourite blanket or throw
 |  |
| 1. Sit in rocking chair or on a swing
 |  |
| 1. Do relaxation or mindfulness exercises
 |  |
| 1. Look at the clouds or the stars
 |  |
| 1. Watch birds or fish
 |  |

**CONSTRUCTIVE ACTIVITIES**

|  |  |
| --- | --- |
| ***Idea*** | **Tick if it is an activity you might try** |
| 1. Doing school work or home work
 |  |
| 1. Writing a To Do list
 |  |
| 1. Untangling necklaces, string or wool
 |  |
| 1. Organising your room, clothes or photographs
 |  |
| 1. Cleaning
 |  |
| 1. Organising CD’s, DVD’s, books in genres, alphabetical and/or chronological order
 |  |
| 1. Reading a book
 |  |
| 1. Cooking a meal or baking a cake
 |  |
| 1. Calling a helpline, Samaritans, Childline etc
 |  |
| 1. Polishing furniture or jewellery
 |  |
| 1. Write a list of positive goals for the future
 |  |
| 1. Shredding
 |  |
| 1. Painting your nails or putting on false nails
 |  |
| 1. Putting on fake tan
 |  |
| 1. Counting backwards from 123 in 9’s
 |  |
| 1. Spelling the names of your family and friends backwards
 |  |
| 1. Describe in detail what you can see e.g. colour, size, texture
 |  |

**CREATIVE ACTIVITIES**

|  |  |
| --- | --- |
| ***Idea*** | **Tick if it is an activity you might try** |
| 1. Drawing or painting
 |  |
| 1. Make a card for friend or family
 |  |
| 1. Writing poetry, letters, stories
 |  |
| 1. Write a diary
 |  |
| 1. Doodle
 |  |
| 1. Singing
 |  |
| 1. Playing a musical instrument
 |  |
| 1. Knitting or crocheting
 |  |
| 1. Sewing
 |  |
| 1. Origami
 |  |
| 1. Memorising song lyrics
 |  |
| 1. Make a play list of your favourite songs
 |  |

**SOCIAL ACTIVITIES**

|  |  |
| --- | --- |
| ***Idea*** | **Tick if it is an activity you might try** |
| 1. Be around other people – family or friends
 |  |
| 1. Phone or message a friend
 |  |
| 1. Helping someone else
 |  |
| 1. Being in a public place
 |  |
| 1. Have a warm drink
 |  |
| 1. Write a card or letter to someone
 |  |
| 1. Invite a friend around or visit a friend
 |  |
| 1. Talk to someone you trust about how you feel
 |  |
| 1. Have a hug with someone close
 |  |

**PHYSICAL**

|  |  |
| --- | --- |
| ***Idea*** | **Tick if it is an activity you might try** |
| 1. Take a short walk
 |  |
| 1. Playing with a stress ball
 |  |
| 1. Playing catch with a ball
 |  |
| 1. Dancing
 |  |
| 1. Popping bubble wrap
 |  |
| 1. Ripping up paper into small pieces
 |  |
| 1. Use the Wii
 |  |
| 1. Gardening
 |  |
| 1. Hoovering or sweeping
 |  |
| 1. Do yoga or gentle stretches
 |  |