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 |  |