

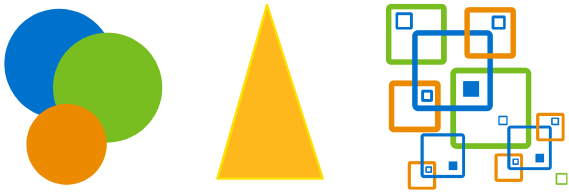
# Distraction techniques

look around you...

what shapes are around you?

how many squares are there?

how many circles are there?

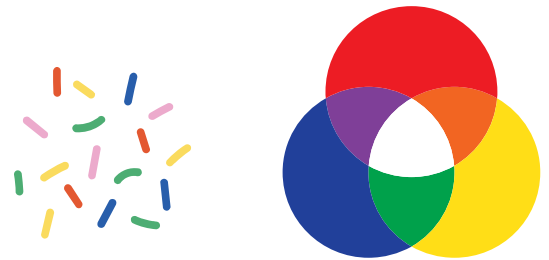


## shapes

look around you...

what colours are around you?

how many: blues, yellows, reds, greens are there?



## colours

in your head go down the alphabet and think of...

animals



food



names





activities




## a-z

 5 things you can see

 4 things you can feel

 3 things you can hear

 2 things you can smell

 1 thing you can taste

## 5,4,3,2,1