



Distractions can help you take your mind off feeling stressed or worried. You could try thinking about one of these instead:

- Name an animal for each letter of the alphabet starting with a..b..c alligator, bear, cat, dog, elephant……

  You could use other categories too, such as foods, places or names
- Count backwards from 100 in 2s and see how far you can get
- Think of your favourite thing or places
- Sing the words to your favourite song in your head