



# Big Distraction List



## Physical



1. Go to the Gym
2. Ripping up paper into small pieces
3. Popping bubble wrap
4. Playing with a stress ball
5. Throwing socks against the wall
6. Dancing
7. Playing a sport
8. Swimming
9. Going for a bike ride
10. Going for a run
11. Walking the dog
12. Playing with your pets
13. Do star jumps
14. Prepare for the marathon
15. Go for a walk
16. Do some cheerleading
17. Go to the park
18. Jump on a trampoline
19. Try Yoga
20. Play catch

## Creative



1. Try writing poetry
2. Drawing
3. Painting
4. Knitting
5. Singing
6. Sewing
7. Origami
8. Learning song lyrics
9. Making a playlist or your favourite songs
10. Make a bracelet
11. Play an instrument
12. Make up your own songs
13. Experiment with makeup
14. Write a journal
15. Make some pom poms

## Comforting



1. Cuddle a toy or soft pillow
2. Sleep
3. Take a shower or bath
4. Stroke a pet
5. Drink a warm drink
6. Wear your PJs and watch a film
7. Listen to calming music
8. Try mindfulness
9. Breathing exercises
10. Do a face mask
11. Wrap yourself in a fluffy blanket
12. Guided imagery
13. Create a happy place in your mind
14. Write down things you are proud of.

## Fun



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|---------------------------|-----------------------------------|
| 1. Watch TV or a film     | 10. Sing your favourite song      |
| 2. Dress up               | 11. Bake                          |
| 3. Online shopping        | 12. Draw over people in magazines |
| 4. Plan a party           | 13. Make a collage                |
| 5. Play a game            | 14. Learn a card trick            |
| 6. Build things with Lego | 15. Recreate a scene from a book  |
| 7. Play with fidget toys  | 16. Make a paper aeroplane        |
| 8. Do a crossword         | 17. Do a quiz                     |
| 9. Read a book            | 18. Take pictures                 |

## Productive



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|---------------------------|--|
| 1. Do some homework       | 10. Do the washing up                            |
| 2. Write a to do list     | 11. Make a self-soothe box                       |
| 3. Tidy your room         | 12. Learn a language                             |
| 4. Organise your wardrobe | 13. Learn a new skill                            |
| 5. Clean                  | 14. Organise an event                            |
| 6. Organise books         | 15. Make a list of ten things you love every day |
| 7. Make a meal            |  |
| 8. Gardening              |  |
| 9. Paint your nails       |  |

## Social



1. Phone a friend
2. Spend time with family
3. Volunteer
4. Visit a friend
5. Give someone a hug
6. Talk to someone close to you
7. Go to a club
8. Go on Kooth.com
9. Organise a party or sleepover
10. Call a helpline – ChildLine or Samaritans