

Comfort Promise

Distraction guide



IWK Health

TODDLERS AND PRE-SCHOOL CHILDREN

2–5 years

Can you find...

- Dolphin
- Pink starfish
- Octopus—what color is the octopus?
- Lobster—what color is the lobster?

Questions

- How many fish do you see?
- Where else do fish swim?
- Would you rather swim in the ocean or play at the beach?



Questions

- What colors are Twinkle's pants?
- Count the stars on Twinkle's pants.
- How many points does Twinkle have?



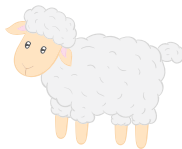
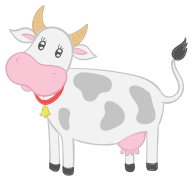
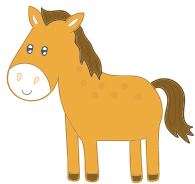
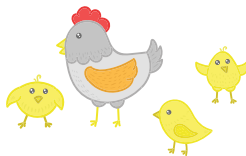
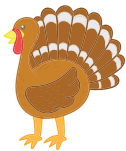
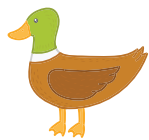
Questions

- What color is the slide?
- What are the kids doing at the park?
- How many swings are at the park?
- What color is the ball?
- What is your favorite thing to do at the park?



Questions

- Name the animals that live in a barn.
- Count the animals that have four legs.
- How many birds are on the page?
- What is your favorite animal?



SCHOOL-AGE CHILDREN

6–12 years

iSpy:

Find three things in the room that are the same color.

Find it:

- Find something in the room that is shiny.
- Find something that feels soft.
- Find out the names of the people in the room.



Look at the picture.
Find seven differences in the pictures.

- Would you ride a rollercoaster?
- Have you ever been to an amusement park or carnival? If yes, what was your favorite ride?



Would you rather...

- Be a giant hamster or a tiny rhino?
- Have a head the size of a tennis ball or the size of a watermelon?
- Wear a snow suit in the desert or wear a swim suit in Antarctica?
- Never use the internet again or never watch TV again?
- Be born with an elephant trunk or a giraffe neck?
- Be a deep-sea diver or an astronaut?



**WOULD YOU
RATHER...**

Directions:

Pick a finger to guide through the maze.
If you get stumped, head back to the
beginning to try again.

ADOLESCENTS

13 years and older

Questions

- Are the dice lying down or standing up?
- How many dice are there?
- What number is shown the most on the dice displayed?
- What's your favorite game that involves dice?
- Add up the numbers showing on the dice.



Image credit: moillusions.com/wp-content/uploads/1.bp.blogspot.com/_cxmptAPYR-s/RkzVIAgeHPI/AAAAAAAAA7k/B4BFLIXwBsQ/s400/dices.jpg

Questions

- How many black dots are there?
- Do you see any other color of dots?
- Why do you think they made some of the dots black and the others white?

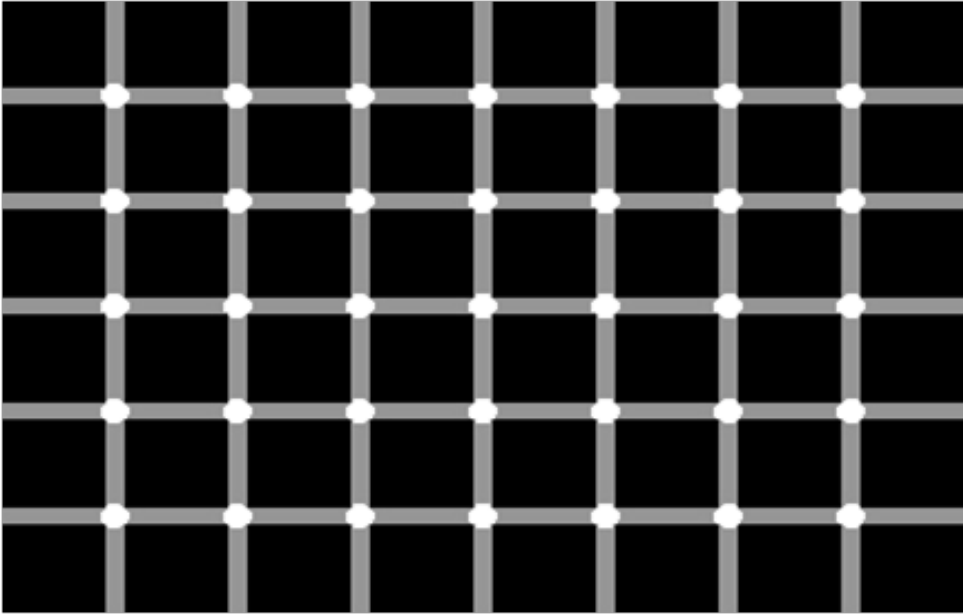


Image credit: puzzle.dse.nl/puzimg/blackdot.jpg

Would you rather...

- Change the past or be able to see into the future?
- Have the hiccups for the rest of your life or always feel like you have to sneeze but not be able to?
- Have 500 tarantulas crawling in your house or 1,000 crickets jumping around your room?
- Go through life unable to answer any questions or unable to ask any questions?
- Go without the internet or a car for a month?
- Live one life that lasts 1,000 years or live 10 lives that last 100 years each?



**WOULD YOU
RATHER...**

Directions:

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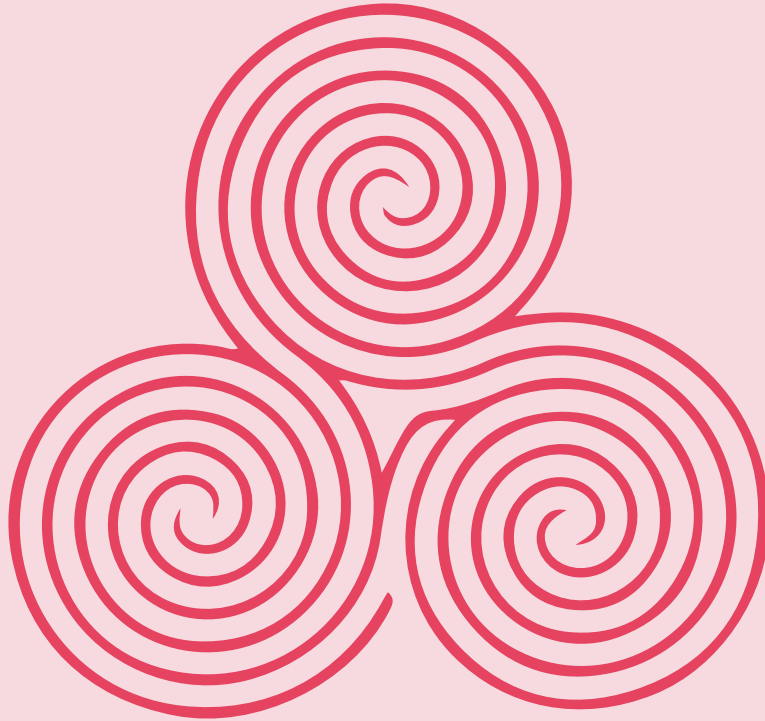


Image credit: whatwillwedotoday.com/images/2011/06/slide1.jpg



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