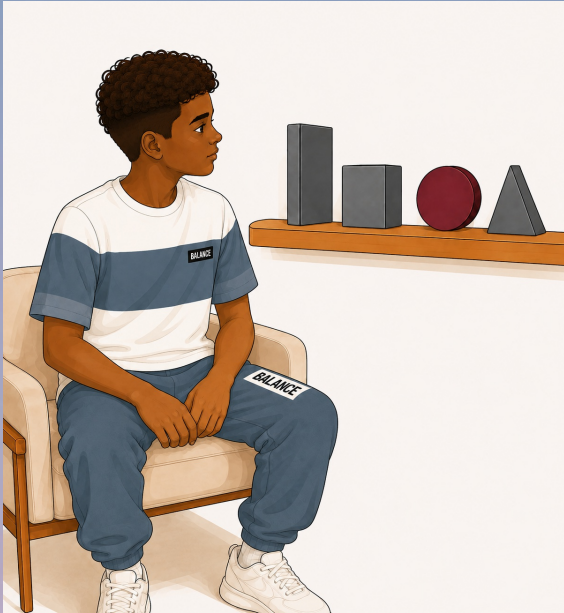


Distraction



Look for Something Specific

Slowly look around and find things with a certain shape, colour, or other simple detail.



Sort a Few Things

Choose a few items, papers, or digital files and put them into a simple order or groups. It doesn't need to be perfect.



Keep Your Hands Busy

Try a simple, repeated activity such as folding paper, stacking objects, or tracing shapes.



Count in a Pattern

Count forward or backward by 2s, 3s, or another number for a short sequence, then stop.