

Child Life CRRAB activity session: Making our own Distraction Cards



Can you find the GREY CLOUD?

How many RAINBOWS can you find?

It is so much fun to challenge ourselves and find specific items, images and pictures when playing games like Eye Spy, when reading books like Where's Waldo, and when using distraction cards during check-ups and procedures at the doctor's office, hospital or clinic.

For this Child Life activity time we will be making our own set of **Distraction Cards** to challenge ourselves and our friends and family members! We will be making 2 kinds of distraction cards (or more if you really like it!) – one set with stickers and pictures that we can use our EYE's to find objects and shapes, and another set using textured stickers and foamies that we can use our FINGERS to feel and find the shapes and textures!

For this activity you will need:

- Sturdy colourful craft paper – any size is ok and fun to fill, small index cards/large construction paper.
- Assorted items to stick on the paper such as stickers, foam shapes/stickers, adhesive pearls, rhinestone sticky gems, or any other decorative items you already have (optional)
- Markers

We will be filling our papers with different stickers, drawings, and foamies to create a page filled with fun! Multiple stickers of the same image will be good since it encourages finding and counting all the same stickers. These are a positive and fun game/distraction to use at home, and even more fun to bring them to any upcoming doctor's appointments and challenge yourself, your family and the medical team to "Find It"!



How many faces have sunglasses?

Can you find the purple heart?

Which heart is the biggest?

Can you find the biggest sad face?

When challenging someone to "find it" on our distraction card, we can encourage them to:

How many are there?

Can you find the?

