

BRIGHT IDEAS FOR HOSPITAL VISITS

BRIGHT IDEAS



Think: Do you like to be held tight or have some space?

BRIGHT IDEAS



Take a special box of treats with you, pens, colouring, toys, you can even decorate it while you are there.

BRIGHT IDEAS



Hospital worries? - say the alphabet and then say it backwards...

BRIGHT IDEAS



Ask if there are play staff who can help find toys or activities for you.

BRIGHT IDEAS



Listen to music...

BRIGHT IDEAS



Bring a stress ball and squееееееze it hard... then let it go.

BRIGHT IDEAS



Get someone to hold your hand, stroke your skin or comb your hair...

BRIGHT IDEAS



Take a deep breath through your nose, count to 4 and breathe slowly out of your mouth...

BRIGHT IDEAS FOR HOSPITAL VISITS

BRIGHT IDEAS

W W G



My bright ideas...

BRIGHT IDEAS

W W G



Play a game! I-spy or
bring a gameboy/
nintendo with you

BRIGHT IDEAS

W W G



Use your imagination to think
of a favorite holiday. Who
was there? What did you
see? Think of all your favorite
bits.

BRIGHT IDEAS

W W G



Pretend a fly landed on
your nose and wiggle
your nose to get it off...
wiggle wiggle wiggle..

BRIGHT IDEAS

W W G



Put your hand on your tummy
blow it up like a big balloon
when you breathe in and blow
it far away when you breathe
out...

BRIGHT IDEAS

W W G



My bright ideas....

BRIGHT IDEAS

W W G



Pretend you have a ball in
your right hand and
squeeze it hard, now let it
relax.... do this again with
your left.

BRIGHT IDEAS

W W G



Use your imagination
and think of a story

BRIGHT IDEAS FOR HOSPITAL VISITS

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My bright ideas..

BRIGHT IDEAS



Think: would you like to talk or everything to be quiet?

BRIGHT IDEAS



Eat some chocolate, while squishing a toy.

BRIGHT IDEAS



Hospital worries? - count to 100 and then count it backwards...

BRIGHT IDEAS



Watch TV or a DVD

BRIGHT IDEAS



Think about your visit and what you would like to do yourself?

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Think: Do you want to watch what happens or look away?

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Bring a favorite book, toy or picture...

WALKING WITH GIANTS FOUNDATION

www.walkingwithgiants.org

BRIGHT IDEAS FOR HOSPITAL VISITS

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Think about something to look forward to after your hospital visit.

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Sing a favorite song

BRIGHT IDEAS



My bright ideas..

BRIGHT IDEAS



My bright ideas...

BRIGHT IDEAS



Write or draw a poster about what matters to you in hospital. Put it above your bed for staff to see what's important for you..

BRIGHT IDEAS



Hospital worries? - count all the colours you can see in the room...