



## Distraction Skills



Distraction is a word for 'doing something else' to take your mind of something

**Distraction can be a helpful way of taking your mind of sad feelings or worried feelings.**

### Counting backwards from 50 to 0 in 4's

Use your concentration skills to start at 50 and then count backwards to 0 in 4's

Keep focussed and keep concentrating

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### Remembering the names of characters in your favourite TV programme or film

Get a piece of blank paper and write down the names of the characters from a TV programme you like or a film that you enjoy watching.

Concentrate on remembering the manes of all the characters

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ABCDE  
FGHIJK  
LMNOP  
QRSTU  
VWXYZ

**25 words that start with.....**

Get a piece of blank paper and think of a letter from the Alphabet.

Now think of 25 words that start with that letter

For example , if you think of the letter D, you would have to think of 25 words starting with the letter D (dog, door, dance, dish, daffodil etc)