



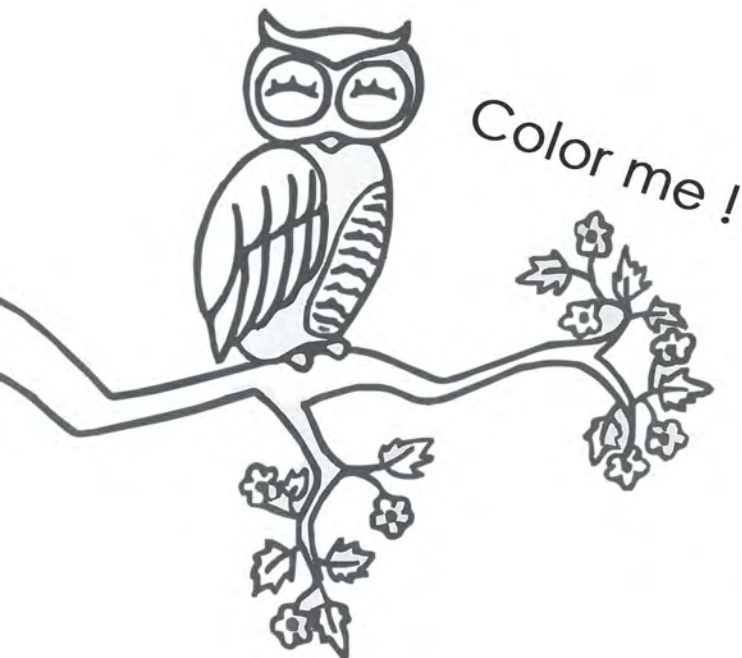
# DISTRACTIONS



**PAINLESS PARENTING WORKS. HITTING HARMS.**

## I Spy ...

- Gavel
- Green star button
- Mardi Gras beads
- Black labrador
- Watch
- Blank domino
- Red crayon
- NOCAC wristband
- Blue diamond ring
- Domino adding to 10
- Two pinwheel pins
- Fidget spinner
- Hot air balloon
- Puzzle pieces
- Blue truck
- Fleur de lis
- Blue ribbon
- Rubber band
- Dream catcher
- Gold ring
- Juice box
- Red scissors



Color me !



Play a game of categories!  
What food are you thinking of?  
What sport? What animal?

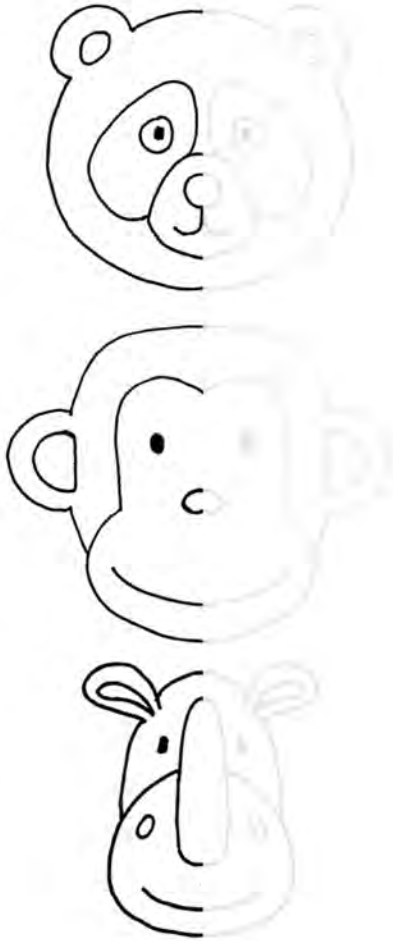


# DISTRACTIONS

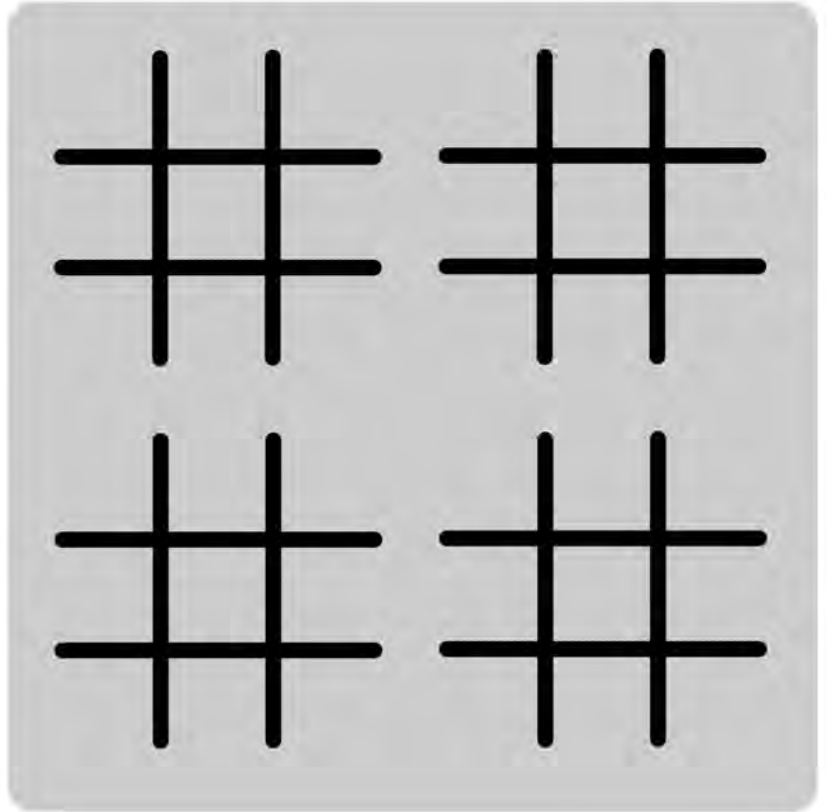


PAINLESS PARENTING WORKS. HITTING HARMS.

Finish drawing my face!

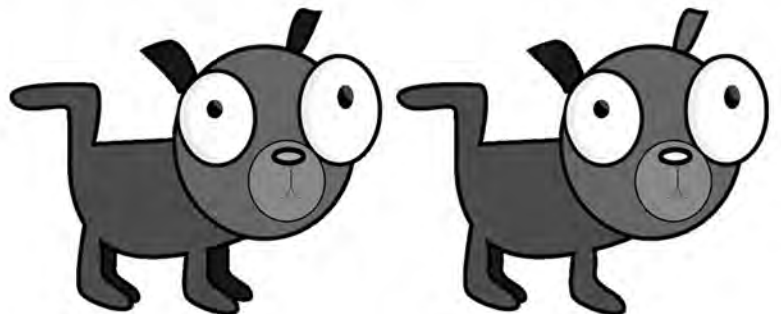


Tic Tac Toe...



Play "I Spy..." around the room with a parent or a friend.

Spot the differences



Answer key: Nose color, ear color, ear color, front leg missing



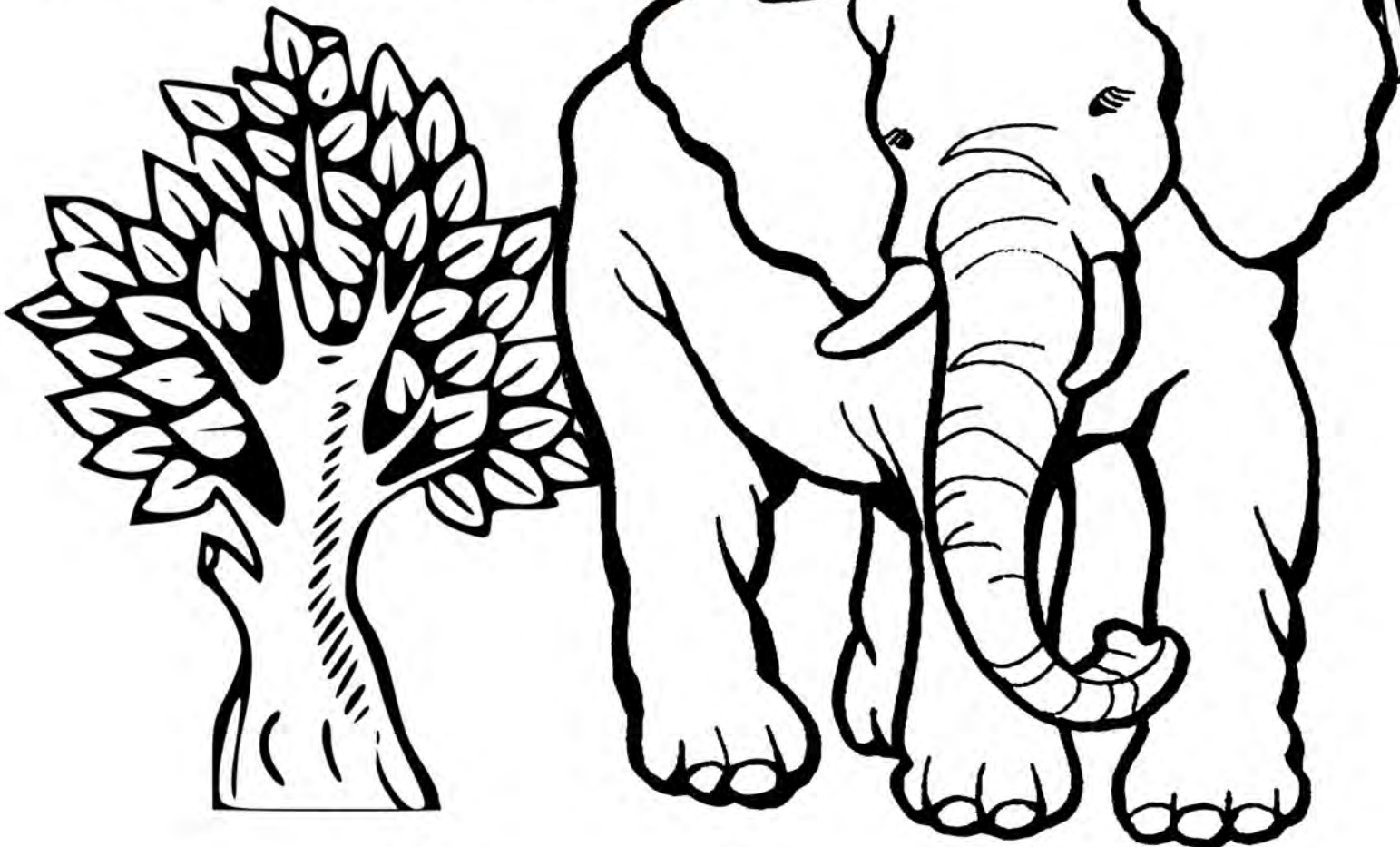


PAINLESS PARENTING WORKS. HITTING HARMS.

## Resiliency Word Search

E M P O W E R D G D Q T S H K  
X W E L L B E I N G M O S R K  
V Q H X C O N F I D E N C E J  
H O P E G F O P T I M I S M O  
S U P P O R T H V E R Y U F L  
W B Q A G Y T A E N E M K O X  
J V K B H G N T M J S F W K K  
J E T Z N H S X A A I A K O V  
F T O E T E S C Q N L U U H W  
P U R S F P O S I T I V I T Y  
B T N L H J T B C M E S D F W  
S G E E O Q R K V C N I V N G  
G S H K H V Y X C A C A K V C  
B L L U B M E M J E Y C A R E  
R E X I M L P Z L A G F K B Z

RESILIENCY  
STRENGTH  
SUPPORT  
HOPE  
SELFEESTEEM  
CONFIDENCE  
WELLBEING  
CARE  
LOVE  
POSITIVITY  
OPTIMISM

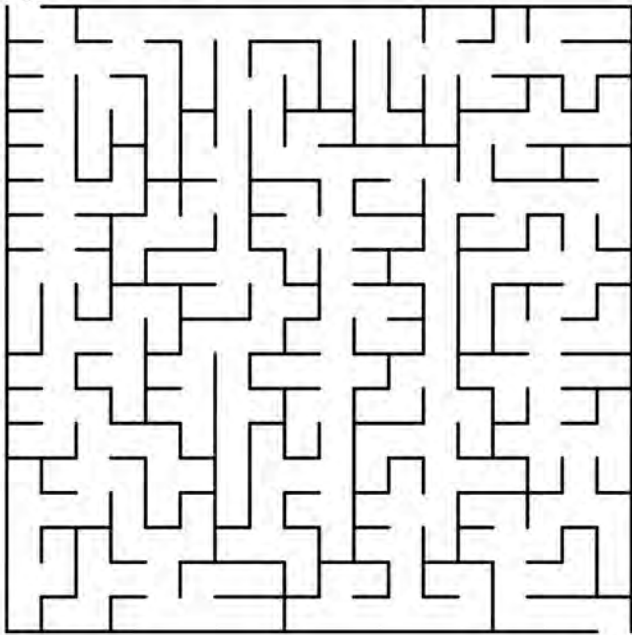






PAINLESS PARENTING WORKS. HITTING HARMS.

↓ Save Bailey



I'm lost!



## 5 Things that Make Me Smile

1. Hug from a friend
2. Listening to a favorite song
- 3.
- 4.
- 5.