

I want to use...

to numb my
shot spot.



to belly breathe.



as my activity today.

A C T I V I T Y	Sing a song 	I spy 	Read a book 	View Master 	C H O I C E S
	Bubbles 	Pinwheel 	Squeeze ball 	Count 	
	Hug a stuffy 	Use iPad 	Watch TV 	Play a game 	
	Squeeze pillow 	Listen to music 	Mirror Mirror 	Visual fun 	