

Busy Brainwaves.



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Hi, Zoobi again! Can you remember what busy brainwaves are and why this skill might be useful? Keeping your mind busy or having 'busy brainwaves' helps you to focus on something pleasant around you other than the things that worry you.

You can use this skill when you are having a procedure done, when you are alone or even when you are bored.

There are a number of ways to keep your mind busy.

Here are some suggestions which can all be done while you are in bed:

- ★ Look at the pictures and paintings on the walls and ceiling and think of a story to go with them.
- ★ Read a book
- ★ Watch television
- ★ Listen to music
- ★ Draw a picture
- ★ Write a letter or story
- ★ Play a game or do a puzzle
- ★ Play cards
- ★ Blow bubbles
- ★ Play with your toys
- ★ Talk to the nurses or other children



These are just some ideas. Can you think of any other activities you can do to keep your mind busy?



1. _____

2. _____

3. _____

4. _____

