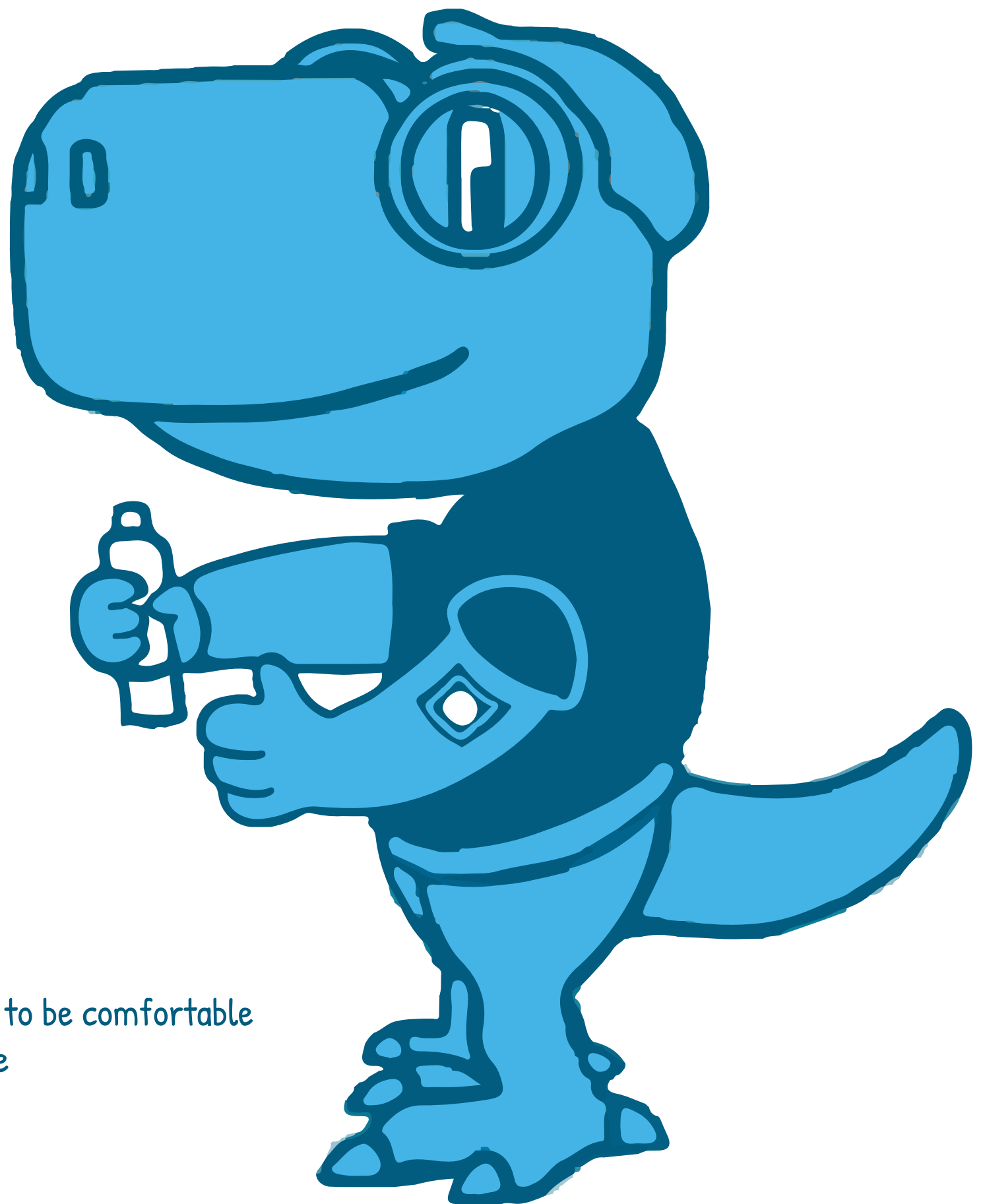


I am going to use
numbing cream today.
How about you?



For ideas about how to be comfortable
play the CARD game



Deep breathing helps
me to relax. Do you
want to try it?



For ideas about how to relax
play the CARD game



My pillow brings me
comfort. What brings
you comfort?



For ideas about comfort items
play the CARD game



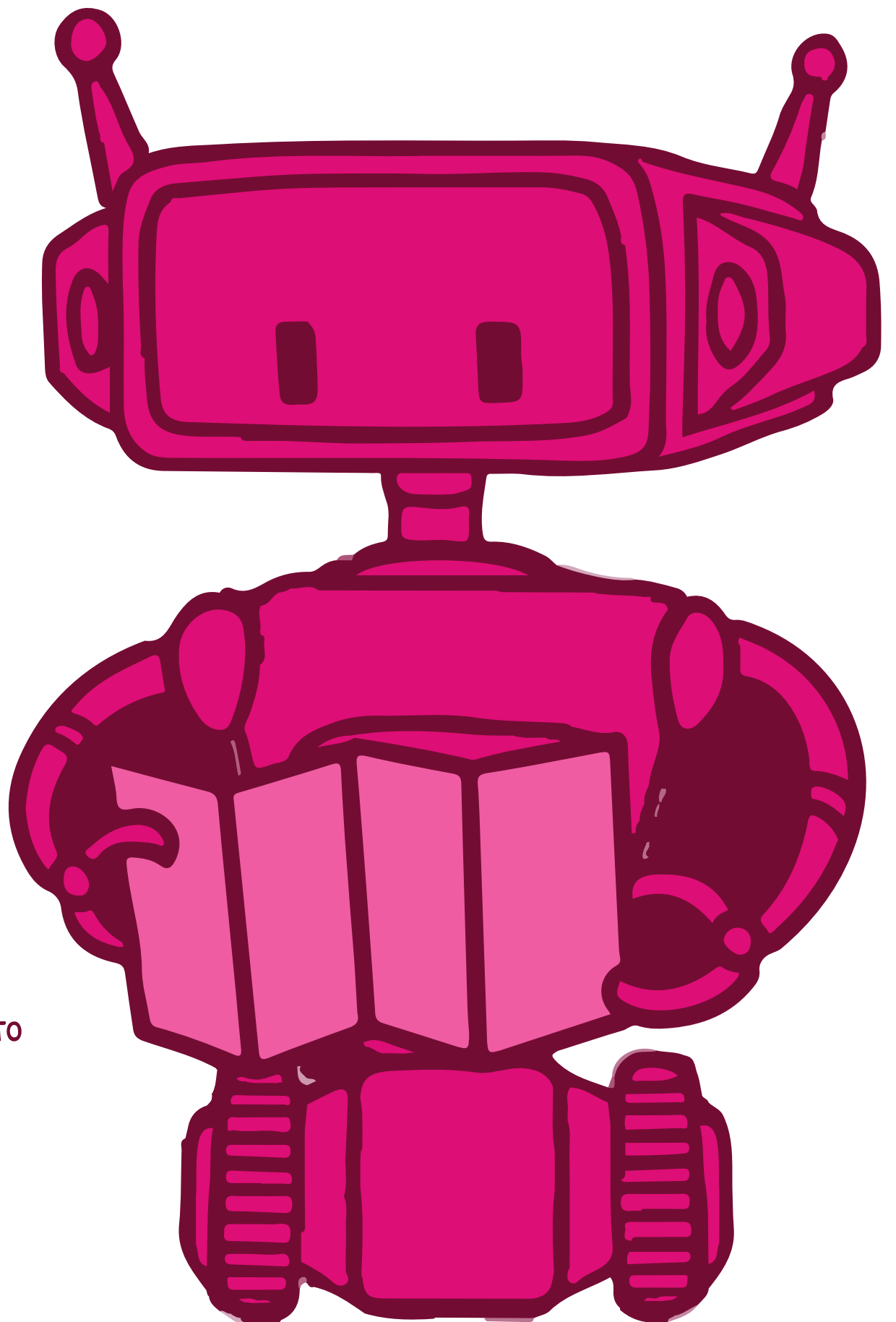
I distract myself by watching videos on a device. Would that work for you?



For ideas about how to distract yourself play the CARD game



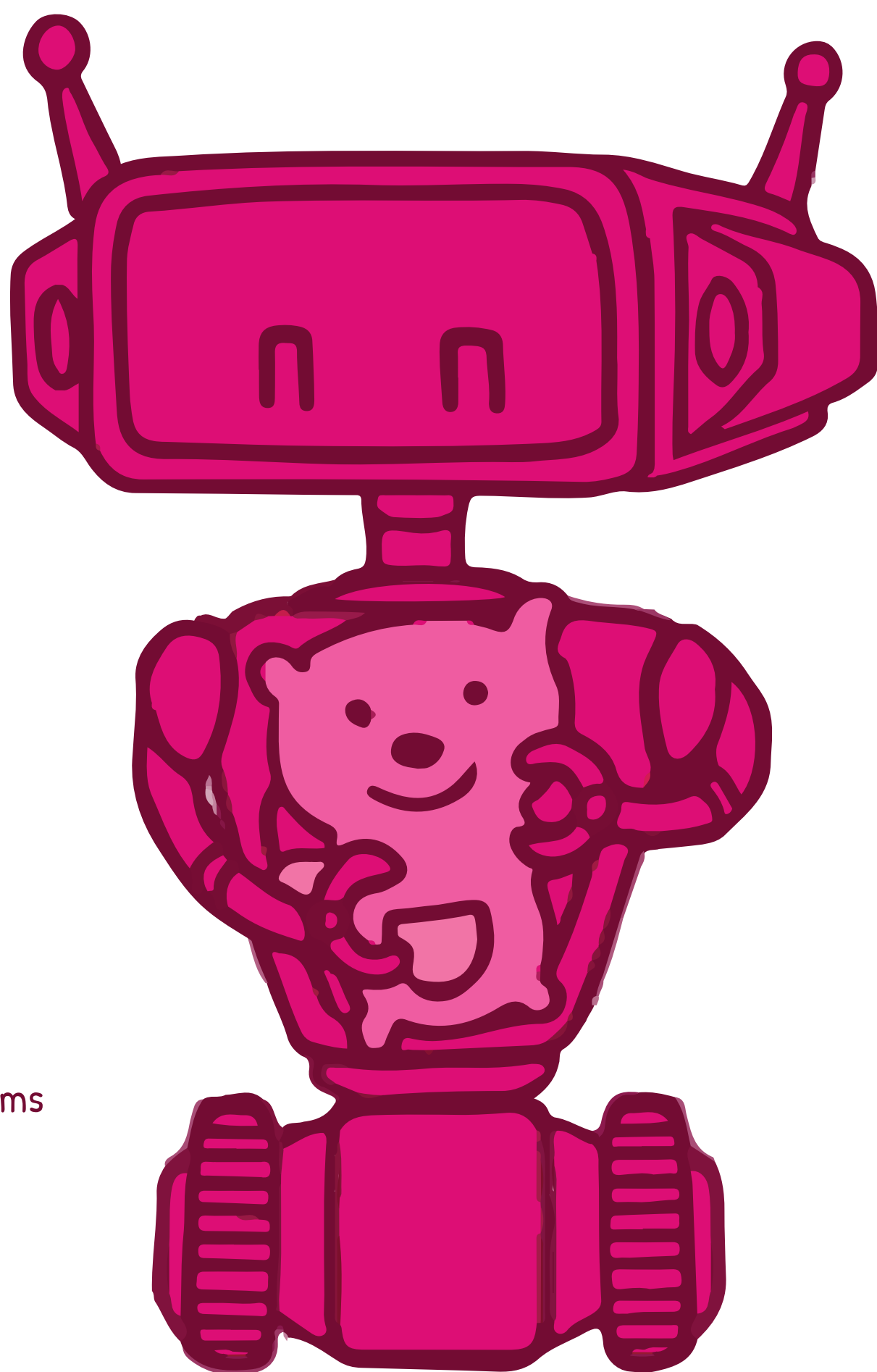
I like to know what will happen and ask questions.
What do you want to ask about?



For ideas about questions to ask play the CARD game



My teddy bear brings me
comfort. What brings you
comfort?



For ideas about comfort items
play the CARD game



Having a parent with me helps me to relax. What helps you to relax?



For ideas about how to relax
play the CARD game



I listen to music to
distract myself.
What do you do?



For ideas about how to distract
yourself play the CARD game

