



Communication and Autism Team (CAT)

Distractions to break things up while at home.

PHYSICAL - Exercise

- Punch a punch bag
- Having a pillow fight
- Walking up and down the stairs
- Ripping up paper
- Popping bubble wrap
- Playing with a stress ball
- Plucking your eyebrows
- Throwing socks against a wall
- Stamping your feet
- Running on the spot
- Shout and scream
- Clapping your hands
- Playing hide and seek
- Dressing up



CREATIVE - Writing things down – diary/ letters/ poems

- Doodling or scribbling on paper
- Knitting
- Playing a musical instrument
- Writing a song
- Sewing
- Drawing
- Putting on makeup
- Origami
- Memorising song lyrics
- Putting together a playlist of favourite songs
- Creating a story
- Painting
- Creating your own TV Show/Movie
- Singing
- Making instruments from things found at home



BEING WITH OTHERS IN YOUR HOME - Phoning/Videoing friends or family members

- Hugs
- Playing cards
- Helping someone at home – doing jobs
- Playing a board game
- Doing a jigsaw together
- Talking about difficulties with someone you trust
- Watching a film/TV programme with someone
- Read a book or magazine together



BEING INSPIRED - Looking into the sky and watching clouds (from a window or garden)

- Watching a candle burn
- Meditate
- Doing yoga
- Looking at works of Art
- Practice mindfulness
- Focussing closely on a shell, rock or small object
- Watching birds fly (from a window or garden)



FUN - Watching You Tube

- Listening to music
- Colouring
- Using make up
- Popping balloons
- Looking online
- Building towers
- Playing computer games
- Completing puzzles/word searches/crosswords
- Playing games outside in the garden



COMFORTING - Cuddling soft toy or animal

- Sleeping
- Allowing yourself to cry
- Drinking hot chocolate
- Wearing your pyjamas
- Taking a bath or shower
- Wrapping yourself in a warm blanket
- Talking to a friend on the phone/computer



CONSTRUCTIVE - Doing schoolwork

- Untangling string or necklaces
- Cleaning
- Reading a book
- Dying hair
- Stamping on cans
- Writing a list of what's working
- Baking
- Painting nails
- Gardening
- Cooking
- Tidying
- Building Lego

