


# Coping Strategy Choices


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count together



watch light up toy




talk about favorite thing




count to 100



think about something that makes me happy




take deep breath



watch show




sit on caregiver's lap



sing a song



hold stuffed animal



dim lights




look at light projector



sit on exam table

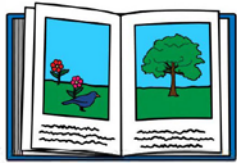


play with pop it



tell a joke

# Coping Strategy Choices



look at book



play with Tangle fidget



sit in chair



play with fidget



talk to nurse



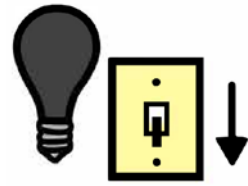
listen to white noise machine



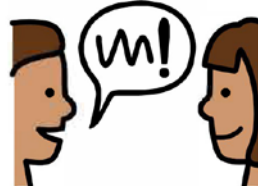
play game on phone



lights on



lights off



talk to caregiver