



Helping You Feel Calm **ABOUT NEEDLES**

Try Cool Tricks to Feel Strong, Brave, and Ready!

Lots of kids (and grown-ups too) feel nervous about needles—and that's totally okay. Your feelings matter! But guess what? With the right tricks and a little practice, you can feel calmer and more in control. This guide will show you fun ways to get ready, stay relaxed, and feel better after your visit.

MAGIC BREATHING BOX



PEACEFUL POWER-UPS

- 1 Take Slow, Deep Breaths
- 2 Picture a Happy Place
- 3 Turn Worries Into Brave Thoughts
- 4 Notice What's Around You
- 5 Shake Out Your Scrunched Up Parts

CHECK FOR SCRUNCED-UP PARTS

Sometimes our body gets tense without us even noticing! Let's do a quick check from top to bottom:

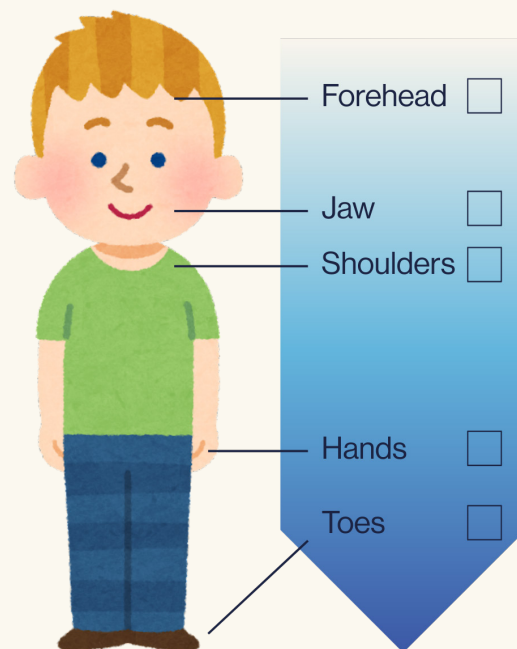
Is your forehead all squished up? Try raising your eyebrows like you're super surprised—then let them relax.

Are your shoulders hiding up by your ears? Take a deep breath and as you breath out, let them melt back down where they belong.

Is your jaw tight like you're biting an invisible sandwich? Open your mouth wide like a lion's roar—then gently close it.

Are your hands balled up in tight little fists? Give them a gentle shake, like you're flicking water off your fingers.

Are your toes curled up in your shoes? See if you can wiggle them just a little—without moving your feet!



Check each box as you check each
part of your body!

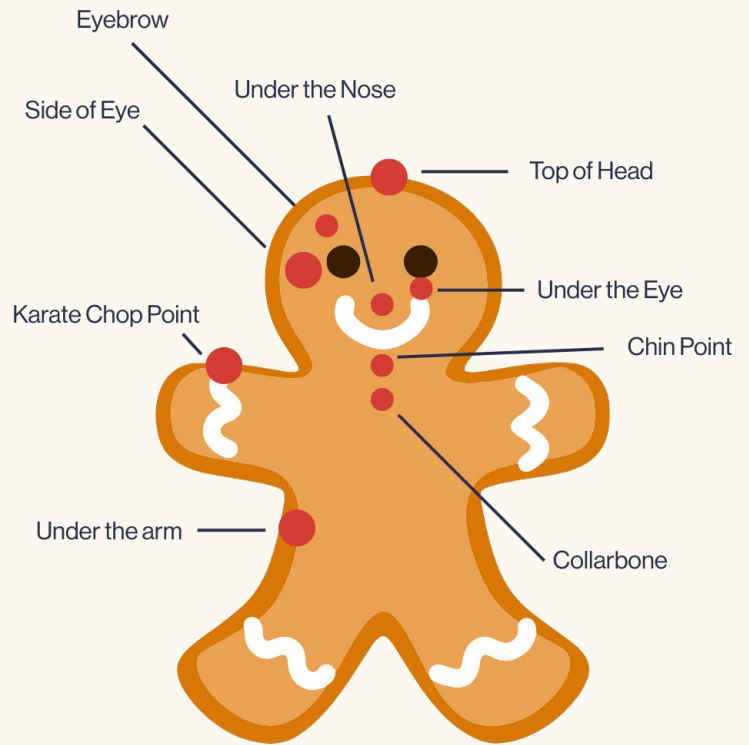
HAPPY TAPS

Tapping (also called EFT or Emotional Freedom Technique) is like pressing magic buttons on your body to help big feelings -feel a little smaller. When you're upset, your brain sends out stress signals. Tapping tells your brain, "It's okay, you're safe," helping you relax and feel better.

Let's Learn the Tapping Spots:

Use your fingertips to gently tap on these spots in order:

- **Karate Chop Point:** The side of your hand, like where you'd karate chop.
- **Eyebrow Point:** Where your eyebrow starts near your nose.
- **Side of Eye:** On the bone next to the corner of your eye.
- **Under Eye:** On the bone just below your eye.
- **Under Nose:** Between your nose and upper lip.
- **Chin Point:** In the crease between your lower lip and chin.
- **Collarbone Point:** Just below your collarbone.
- **Under Arm:** About four inches below your armpit.
- **Top of Head:** Right on the crown of your head.



How to Tap:

1. **Think of a Feeling:** Pick something that's bothering you, like feeling nervous or sad.
2. **Rate It:** On a scale from **0 (not at all)** to **10 (very much)**, how strong is this feeling?
3. **Say a Setup Phrase:** While tapping the Karate Chop Point, say, "Even though I feel [your feeling], I accept myself."
4. **Tap Through the Points:** Tap each point 5-7 times, saying a reminder phrase like "this nervous feeling."
5. **Take a Deep Breath:** After tapping all the points, breathe in and out slowly.
6. **Check In:** How do you feel now? Rate your feeling again. If it's still strong, you can tap through the points again

Example:

Feeling: Nervous about an infusion

- **Setup Phrase:** "Even though I'm nervous about my infusion, I accept myself."
- **Reminder Phrase:** "This nervous feeling about needles"

Tap through all the points while saying the reminder phrase

Tips:

- You can tap anytime you feel upset, like before a test or when you're feeling down.
- It's okay if you don't remember all the points perfectly; just do your best.
- Practice makes it easier and more helpful!

Tapping is a simple tool you can use to help manage your feelings. With practice, it can become a helpful part of your day!



STRETCH & WIGGLE

Moving your body gently, like in yoga, can help you feel calm and ready before your appointment. Try quiet stretches that help you feel steady, like sitting criss-cross or lying like a starfish. Take slow, deep breaths as you move! It's like giving your brain and body a big, relaxing hug!



**CHILD'S POSE
(TURTLE SHELL POSE)**

Start on your hands and knees, like a puppy.

Touch your big toes together and spread your knees apart a little. Sit your bottom back toward your heels. Stretch your arms forward and rest your forehead on the floor.

Take a few slow, deep breaths—like you're smelling a flower. In through your nose... out through your mouth...



**CAT-COW STRETCH
(WIGGLE-BACK STRETCH)**

Start on your hands and knees like a tabletop.

Be a cat—round your back and tuck your chin. Now be a cow—drop your belly and lift your head. Say, "Moo!"

Keep moving slowly between cat and cow, breathing as you go.

This stretch helps your back and belly feel better!



**SEATED FORWARD FOLD
(STRETCHY FLOWER POSE)**

Sit on your bottom with your legs stretched out straight in front of you.

Take a deep breath, then slowly bend forward and reach toward your toes—like a flower gently folding its petals. You can let your hands rest on your legs or feet and let your head relax like it's taking a little nap.



**LEGS-UP-THE-WALL POSE
(CHILL-OUT POPSICLE POSE)**

Lie down on your back and scoot your bottom close to the wall.

Gently lift your legs and rest them straight up against the wall—like two popsicles standing tall! You can keep your arms by your sides or rest them on your belly.

Close your eyes and take slow breaths. This pose helps your heart slow down, your body relax, and your brain feel peaceful.

BE STEADY, BE BRAVE, BE YOU



Listen to Something Soothing. Bring your headphones and listen to your favorite calming music, a fun story, or a podcast made just for kids! It can help take your mind off what's making you nervous.

You can also try apps like **Headspace for Kids** or **Calm** to help you relax and feel better.



Talk to Someone You Trust. If you're feeling worried or upset, it helps to talk about it! You can chat with a parent, nurse, doctor, or someone on your care team.

You can also talk to a school counselor, a therapist, or join a group where other kids share how they feel too. You don't have to go through it alone—there are lots of people who want to help.



Try the 5-4-3-2-1 Game! Feeling nervous? This little game can help you feel calm and stay in the moment. Just use your senses! Take your time and go slow.

- Name 5 things you can see
- Touch 4 things around you
- Listen for 3 sounds
- Smell 2 things
- Say 1 thing you can taste

ONCE YOU'RE ALL DONE



Celebrate Your Brave Moments! You did something hard—go you! After facing your fear, do something fun you enjoy, like a treat, a game, or extra playtime. Every brave step counts!



Think Back & Look Ahead. What helped you feel a little braver today? What would you like to try next time?



Find Something to Be Thankful For. Even when things feel tough, there's always something good to notice. Maybe someone was kind, or you were really brave! Think about what helped you today and what you might try next time. Facing fears takes courage—and every little step makes you stronger. You're braver than you think!