

Mental Distraction Mind Kit

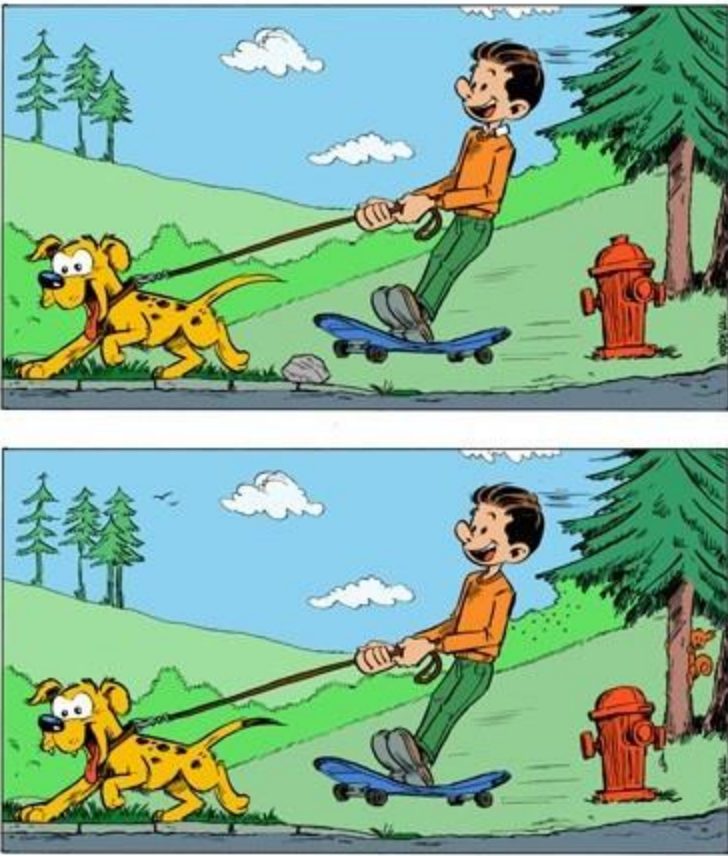
1) Serial 7's

Count back by 7's starting from 100

2) Spot the differences

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



The image contains two identical cartoon illustrations of a boy on a skateboard pulling a dog on a leash in a park. The boy is wearing an orange sweater and green pants. The dog is yellow with black spots. There are green hills, trees, and a red fire hydrant in the background.

3) The following puzzle pictures, symbols, and letters represent a word or words. The key to solving a **rebus** word puzzle, is the location of the letters or words. That helps you figure out the answer. For example, if you want something to come first, put it in front of the picture



- 1.
- 2. blame
- 3. blame

4) Optical Illusion
Which word do you see?



Which two words do you see?



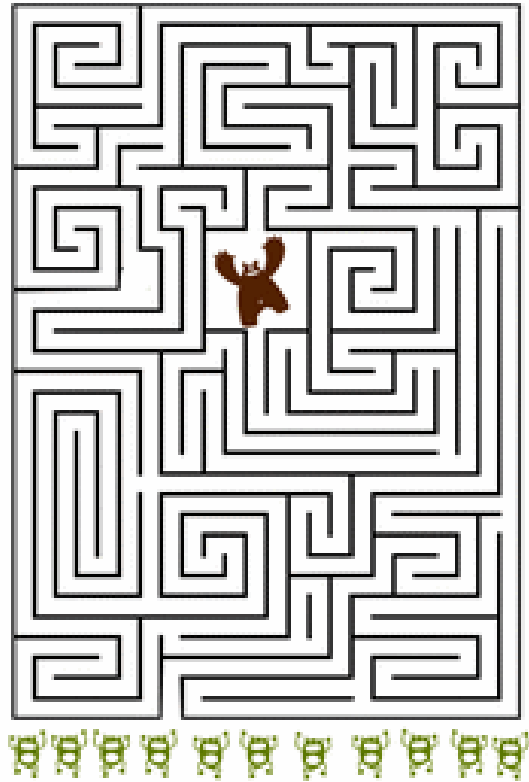
1) _____

2) _____

5) Please solve the following word riddle:

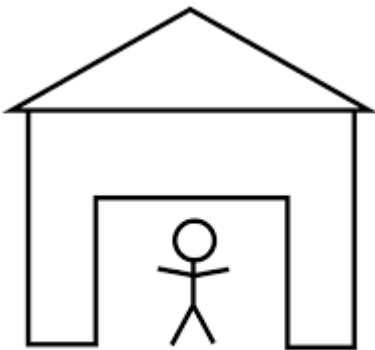
How can you make seven even? _____
(Clue: The answer is in words/letters, not numbers)

6) Please solve the following maze. Start at the monster in the middle and find your way out.



Help! Eddie has been inside too long. He has become a little monster.
Can you show him the way outside to where his friends are waiting?

7) Can you copy the image below without lifting your pen from the paper? Clue: You may get creative with this process.



8) ABC Distraction Game: Choose a topic and go down the alphabet!

A	H	O	V
B	I	P	W
C	J	Q	X
D	K	R	Y
E	L	S	Z
F	M	T	
G	N	U	

5 4 3 2 1 Grounding Exercise

5 things you see:

(And describe the details of what it looks like)

-

-

-

-

-

4 things you feel:

(And describe what it feels like)

-

-

-

-

3 things you hear:

-

-

-

2 things you smell/like to smell:

-

-

1 thing you like about yourself:

-