



NAME: _____'S

POKE PLAN

Choose all the things below that will help you be more calm and comfortable during your poke...

HERE'S WHAT I WANT TO KNOW:

- TELL me everything before you do it
- SHOW me everything before you do it
- I want a countdown
- Don't give me a countdown, just do it!
- Something else: _____

I WANT MY GROWNUP TO:

- Let me sit on their lap
- Sit or stand next to me
- Hold my hand
- Rub my head
- Something else: _____

HERE'S WHAT I WANT TO USE TO HELP FEEL MORE COMFORTABLE:

- Buzzy: vibration blocks the ouch signal
- Shotblocker: little nubs block the ouch signal
- Freezy Spray: super cold spray numbs the skin
- Nothing, I'm good!

I WANT TO:

- Watch the poke
- Look away / close my eyes
- Watch something on a phone / tablet
- Listen to music / headphones
- Take big deep breaths
- Something else: _____