

# Activity

**Sit with \_\_\_\_\_**

**Sit outside**

**Be quiet/ alone**

**Look at photographs**

**Listen to music/ radio**

**Watch TV**

# Environment

**Too NOISY**

**Too DRY**

**Too COLD**

**Too BRIGHT**

You can put in the opposites eg. Too quiet - too noisy or once the word is selected ask "too noisy? Yes or No"

# I feel

**Discomfort**

**Pain**

**Fine**

**Sad**

**Relieved**

**Frustrated**

**Happy**

**Angry**

**Better**

**Nauseous**

**At peace**

**Afraid**

**Full**

**Hungry**

**Love**

**Worried**

# **I need**

**A position change**

**Company**

**To lie down**

**To tell you more...**

**A blanket**

**To be left alone**

**To sit up**

**Activity**

**I need**

**Environment**

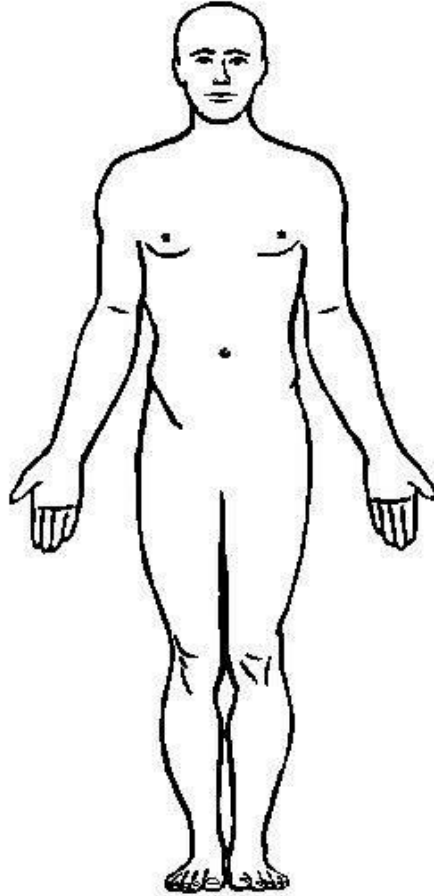
**I feel**

**clean**



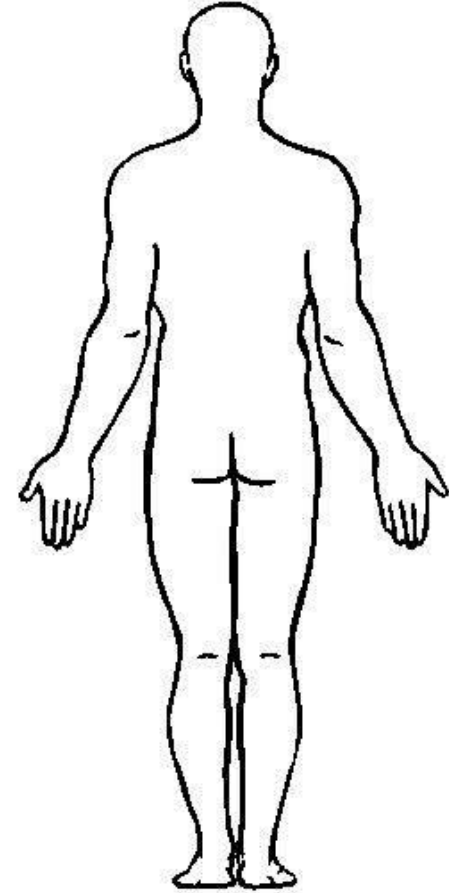
**pain**

**move**



**itch**

**cover**



**massage**