



Clinic visits can often be long and boring, with a lot of down time. There are ways in which the moments spent in clinic can be engaging and enjoyable. These activities are suggestions that can help you pass the time.

“Think left and think right and think low and think high. Oh, the thinks you can think up if only you try!”
-Dr. Seuss

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This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), under grant #T72MC00002/University of Florida Pediatric Pulmonary Center/PI: Wagner, for total grant amount of \$1,718,631. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

The Clinic Companion



Fun activities
for clinic visits



University of Florida
Pediatric Pulmonary Center



For Infants:

- Sensory Items—Trigger their senses using items such as a sampler of textured materials (cut up fabric swatches), bubbles, or Play-Doh®.
- Interactive Songs—Sing a few simple songs such as The Itsy-Bitsy Spider or 5 Little Monkeys. The more animated, the better.
- Puppet Pal—Consider bringing a puppet with you for long waits. A funny character or animal and silly voice can capture a young child's attention.

For Toddlers:

- Color/Shape Hunt—Pick your favorite color or shape and see how many items you can find in one minute.
- Coordination Games—Play 'Simon Says', or come up with your own funny combinations such as "touch your nose to your elbow".
- Guess the Feeling—Make a face and see if the other person can guess what type of emotion you are feeling.
- Hide-N-Seek—Use a small item and put it in your hands, under a napkin, inside of a cup, etc. Have someone guess where it is.

For Pre-School Age:

- Guessing Games—"Twenty Questions" or "I Spy" can entertain for a long time.
- Alphabet Hunt—Try to find all of the letters in the alphabet in the room; on signs, clothing, or equipment.
- Play Favorites—Take turns naming categories like snacks, books, ice cream flavors, etc. and share your

For School-Aged:

- Storytelling Skills—Build their creativity; choose a person nearby, a photo of a person on a sign, or a person in a magazine and create a story about them.
- Advertisement Ad Libs—Go through magazines and look at the advertisements. Cover up the **brand's name and try to guess** what the ad is selling.
- Memory Builder—Start with a sentence like, "I went to the **grocery store and bought...**" Then, take turns adding items; repeat the previous sentence(s) and then add your own. Go back and forth to see how many sentences you can add to the

