## **BLOOD DRAW VISUAL SCHEDULE**



Use a marker or sticker to check off each step that you have completed!



Sit with family member or on own



Hold arm out



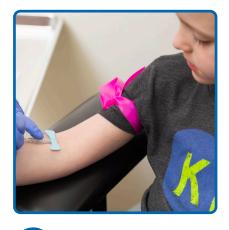
Buzzy: yes or no



Tourniquet and clean



Deep breath



Hold still



Bandage



All done

## WHAT WILL HELP YOUR BODY STAY CALM DURING THE BLOOD DRAW?



Use marker or sticker to check off what will help you.







Watch what happens



Play on the tablet



Listen to music

## HOW DO YOU FEEL ABOUT GETTING YOUR BLOOD DRAWN?



It's okay to feel scared, worried or sad about getting your blood drawn. Your job when you get your blood drawn is to hold your body as still as you can.

