

# 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.



☐ Read a book



☐ 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.

