What Can I Do While I Wait?



ACTIVITY CARDS

32 colorful printable cards to make waiting easier

Calm • Quiet • Thinking • Moving • Imagining • Asking

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How To Use Your Cards

Read me first!

1 — Print
Print on white cardstock for strong cards. Color in anything you like!

2 — Cut
Cut along the dashed lines. A grown-up can help with the scissors.

3 — Keep
Punch a hole in the corner and add a ring, or keep them in a small pouch.

4 — Pick
When you have to wait, choose one card. You can choose any card you like!

5 — Do It
Do the activity until it is your turn. Then check the Done! box.

What the colors mean

- **Calm Body** — Slow breaths and gentle squeezes
- **Quiet Hands** — Little things to do with your hands
- **Mind Games** — Thinking games with no supplies
- **Move Gently** — Small moves that work while seated
- **Imagine** — Pretend and daydream
- **Ask for Help** — Words to use when waiting is hard

Tips for grown-ups

- Practice with the cards at home before waiting somewhere new.
- Let your child choose the card, so waiting feels more in their control.
- Pair the cards with a visual timer or the First/Then board in this pack.
- Celebrate every try. Waiting is a hard skill, and every try counts!

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What Can I Do While I Wait?

Activity Cards • Set 1 of 4

Balloon Breaths 1



Breathe in slowly through your nose. Blow out like a big balloon. Do it 5 times.

CALM BODY

☐ Done!

Squeeze and Let Go 2



Squeeze your fists tight. Count to 3. Let go and feel your hands get soft.

CALM BODY

☐ Done!

Big Hug 3



Cross your arms and give yourself a gentle hug. Squeeze, then count to 10.

CALM BODY

☐ Done!

Palm Push 4



Press your hands together hard. Count to 5. Let go and shake them out.

CALM BODY

☐ Done!

Feet on the Floor 5



Feel your feet on the floor. Wiggle your toes. Take 3 slow breaths.

CALM BODY

☐ Done!

Slow Counting 6



Count to 20 in your head. Go slow, like a sleepy turtle.

CALM BODY

☐ Done!

Finger Taps 7



Touch your thumb to each finger, one at a time. Go forward, then backward.

QUIET HANDS

☐ Done!

Doodle Time 8



Draw a doodle on paper. Try swirls, zigzags, or your favorite animal.

QUIET HANDS

☐ Done!

Print on cardstock • Cut along the dashed lines • Keep your cards in a pouch or on a ring

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What Can I Do While I Wait?

Activity Cards • Set 2 of 4

Fidget Friend 9



Hold your fidget or soft toy. Squeeze it, rub it, and feel the texture.

QUIET HANDS

☐ Done!

Paper Fold 10



Fold a piece of paper into a plane, a boat, or a tiny square.

QUIET HANDS

☐ Done!

Build It 11



Stack blocks or cups. How tall can you make your tower?

QUIET HANDS

☐ Done!

Shape Tracing 12



Use your finger to trace a circle, a square, and a triangle on your leg.

QUIET HANDS

☐ Done!

I Spy 13



Look around. Find something red, something round, and something soft.

MIND GAMES

☐ Done!

Rainbow Hunt 14



Find one thing in each color: red, orange, yellow, green, blue, and purple.

MIND GAMES

☐ Done!

Animal ABC 15



Think of an animal for each letter. A is for alligator! What is B?

MIND GAMES

☐ Done!

Count It 16

123

Pick one kind of thing in the room, like chairs or lights. Count how many you see.

MIND GAMES

☐ Done!

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What Can I Do While I Wait?

Activity Cards • Set 3 of 4

Favorite Things 17



Name 5 of your favorite foods. Then name 5 of your favorite toys.

MIND GAMES

☐ Done!

Secret Animal 18



Pick a secret animal. Think of 3 clues. Can someone guess it?

MIND GAMES

☐ Done!

Chair Push-Ups 19



Put your hands on the seat. Push your body up a little. Do it 5 times.

MOVE GENTLY

☐ Done!

Shoulder Rolls 20



Roll your shoulders up, back, and down. Do it 5 times, nice and slow.

MOVE GENTLY

☐ Done!

Tall Tree Stretch 21



Reach up high like a tall tree. Hold for 5. Float your arms down.

MOVE GENTLY

☐ Done!

Wall Push 22



Put your hands on a wall. Push like you are moving the wall. Count to 10.

MOVE GENTLY

☐ Done!

Tiny Marching 23



Lift your knees up and down quietly while you stay in your spot.

MOVE GENTLY

☐ Done!

Toe Tapping 24



Tap your toes softly on the floor. Try a slow beat, then a fast beat.

MOVE GENTLY

☐ Done!

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What Can I Do While I Wait?

Activity Cards • Set 4 of 4

Happy Place 25



Close your eyes. Picture a place you love. What do you see and hear?

IMAGINE

☐ Done!

Pretend Picnic 26



Plan a pretend picnic. What foods will you bring? Who will come?

IMAGINE

☐ Done!

Superhero Me 27



Invent a superhero. What is their name? What is their special power?

IMAGINE

☐ Done!

Dream Trip 28



Imagine a trip to anywhere. What will you pack in your bag?

IMAGINE

☐ Done!

I Can Wait 29



Say in your head: I can wait. Waiting is hard, and I can do it.

ASK FOR HELP

☐ Done!

Ask for a Break 30



If waiting feels too big, show a break card or say: I need a break.

ASK FOR HELP

☐ Done!

Ask How Long 31



Ask a grown-up: How much longer? Then pick a card that fits that time.

ASK FOR HELP

☐ Done!

Look at a Book 32



Pick a favorite book. Look at the pictures. Find your favorite one.

ASK FOR HELP

☐ Done!

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My Waiting Choice Board

Glue or tape your favorites

Pick 6 favorite cards and put them here. Now you can choose fast when it is time to wait!

1 My Calm Body choice

Glue a card here

2 My Quiet Hands choice

Glue a card here

3 My Mind Games choice

Glue a card here

4 My Move Gently choice

Glue a card here

5 My Imagine choice

Glue a card here

6 My Ask for Help choice

Glue a card here

First Then

FIRST



I wait and use my cards.

THEN



I get to: _____

Draw or write what comes THEN, so waiting has a clear end.

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Waiting Champion!

AWARDED TO

_____

for waiting patiently and using calm choices!



My Waiting Stars

Color a star each time you wait and use your cards.



_____ _____

Date Grown-up signature

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