

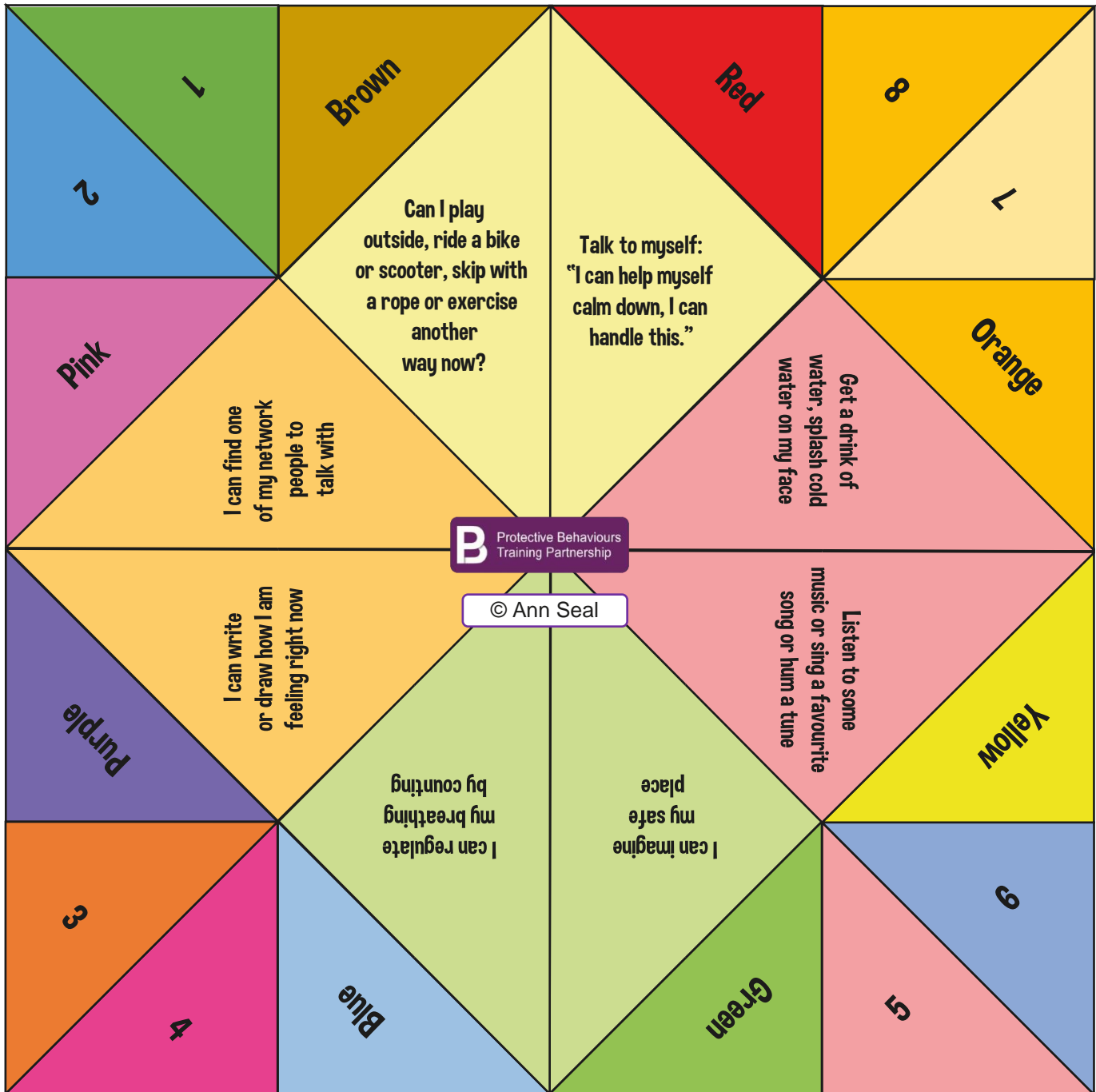
# Finger Flicker instructions

1. Cut out the finger flicker and turn it face down
2. Fold each corner towards the centre so the points meet
3. Turn it over and again fold each corner into the centre so that points meet again
4. Fold in half side to side and corner to corner and reopen (4 folds: 2 triangles and 2 rectangles!)
5. Insert your thumb and first finger of each hand (pinching motion) under the number flaps (first finger flicker, others have different outside corners!)
6. Close the finger flicker so only those outside flaps show. Now you are ready to go!

**The games will work  
better printed  
out as A3**

**My name is PB  
You can find me  
and over 130 pages  
of activities in the  
PB Toolkit  
available by  
contacting  
Ann Seal**





## Protective Interruptions to help myself find ways to feel safer

1. Choose a number and open and close the finger flicker that number of times to decide where to open the 'finger flicker'
2. Then choose one of the visible colours & spell it out by opening and closing the finger flicker once for each letter to see next move. Pick a colour & open the flap to find an idea which may help
3. Encourage the child to keep making different choices of number and colour until they find a Protective Interruption which may work for them
4. You can adapt the Protective Interruptions to suit the needs of the child by making a blank template to make a personalised version