Vitals at the Thompson Center
When I come to the Thompson Center, a nurse takes my vitals in a small room.

She will do several things but none of them will hurt.
First, she will ask me to take my shoes off.
Then, she will measure how I tall I am. I will stand very still with my feet flat on the floor. The nurse will lower a bar lightly on top of my head. Now she knows how tall I am.
Next, the nurse will see how much I weigh. I will stand on the scale and have a calm body. I will get down when the nurse asks me to.
Now, the nurse will have me sit down to take my temperature. 
She will use a thermometer on my forehead. 
It is a little cold but it does not hurt. 
The nurse will move it across my forehead quickly.
Next, the nurse has to measure my head. She uses a long piece of paper and wraps it around my head. I will try hard to keep my head and body calm.
Now, she has to measure my blood measure. She will put a blue strap around my arm. It is hooked up to a machine that will make some noise. The blue strap will start to get a little tight around my arm. But then it will stop and loosen up again. This does not hurt. I will be brave and calm.
Now I am done!
I did such a good job staying calm and following directions.
I can go with my family to a room to play while we wait for the activity.