_____ 's

Daily Planner
Daily Schedule

Schedule for the day

Date: ____________________


Morning:

Apply positive velcro

After Recess:

After Lunch:

Going Home:
How am I coping?

Not very well

Not so good

Fine

What can I do?

Take a break
Find a quiet place.

Take 5 deep breaths
Ask for help

Start over

I can take a deep breath.
I can count to five.
I can go to a quiet place.

I'm feeling anxious.
I need to calm down.
What do I do?
'Time For A Break'
Choices

- Play Hangman
- Play cards
- Go for a walk
- Read a book
- Computers
- Have a snack
- Help Someone
- Shoot hoop
- Skip
- Watch a video
- Feed fish