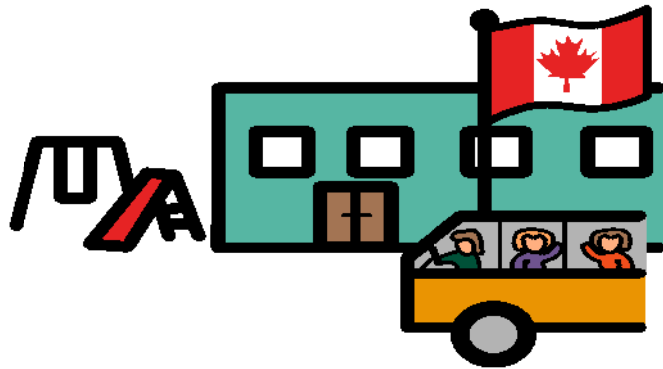


Daily Schedule



Schedule for the day

Date: _____

Arrival: Come in front door. Walk to classroom. Sit quietly at desk.
Hang up coat. Put away backpack.



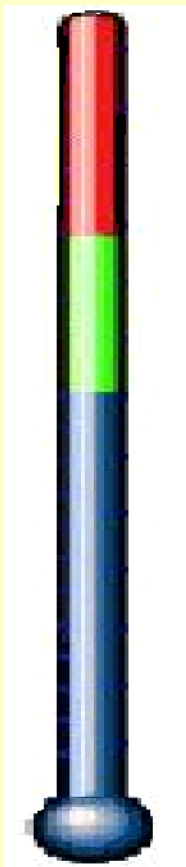
Morning:

Apply positive velcro

After Recess:

After Lunch:

Going Home:



Not very well



Take a break



Find a quiet place.



Not so good



Take 5 deep breaths



Ask for help



Start over

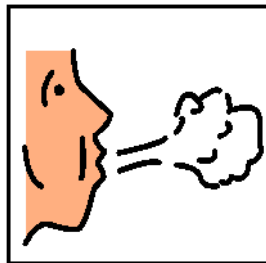
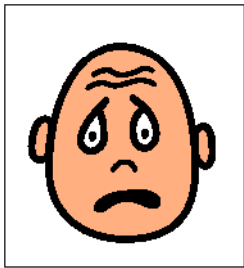


Fine

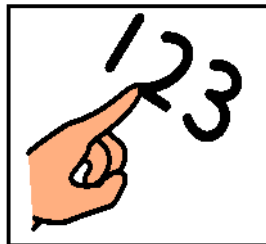


How am I coping?

What can I do?



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**



Draw



Play Hangman



Play cards



Go for a walk



Read a book



Help Someone



Computers




Shoot hoop



Have a snack



skip



Watch a video



Feed fish

