

Today



1



Arrive

☐

2



Reading

☐

3



Snack

☐

4



Outside

☐

5



Quiet time

☐

6



Home time

☐

Now and next



Now

A large, empty rectangular box with a dashed border, intended for writing or drawing, located within the 'Now' section.

Next

A large, empty rectangular box with a dashed border, intended for writing or drawing, located within the 'Next' section.

I'm working for



My reward:



In the calm corner, I can:



Breathe



Headphones



Quiet book



I need a break



Walk



Headphones



Breathe



Outside



Quiet corner



Blanket



Changes in the day



**5 more
minutes**



Finished



Line up



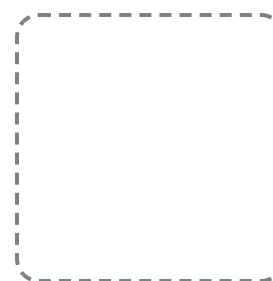
Snack time



Home time



**Something
new**



My story



Where and when

Sometimes I go to...

What happens

When I get there...

How people might feel

Other people might...

What I can do

I can try to... If it feels too much, I can...

What happens next

After that...

All about me



What people like and admire about me

Strengths, interests, what I'm good at

What's important to me

People, routines, favourite things

How I communicate

Words, pictures, signs, a device; how I show I'm unhappy

What helps me learn

Visual timetable, breaks, where I sit, quiet space

What can be hard for me

Noise, changes, crowds, certain tasks
