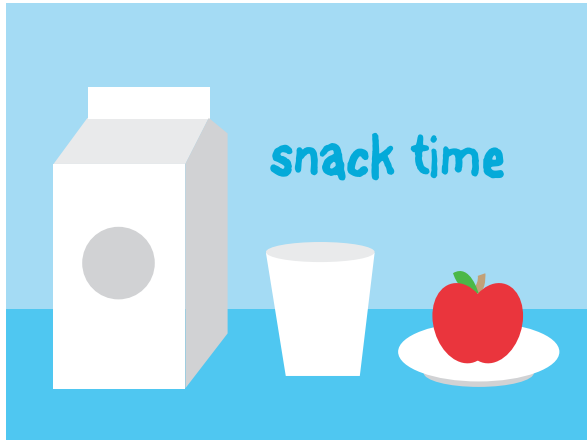
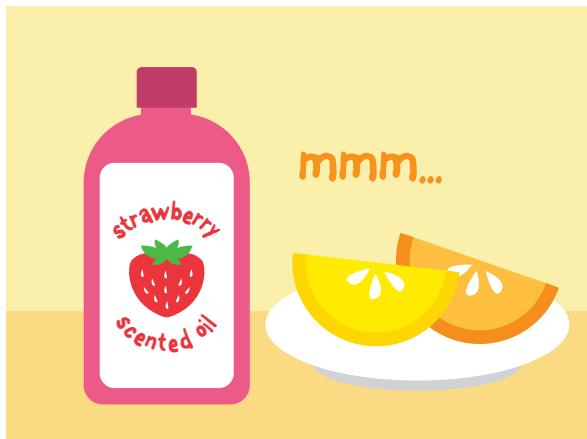


Bedtime Routine

It's time to start my bedtime routine.



Smelling or feeling something nice helps me relax.



Now I am ready for a good night's sleep.

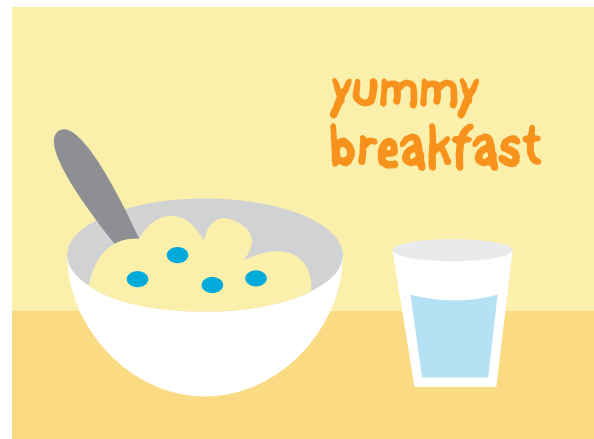


Morning Routine

Good morning! I am ready to start my day.



I can take care of myself.



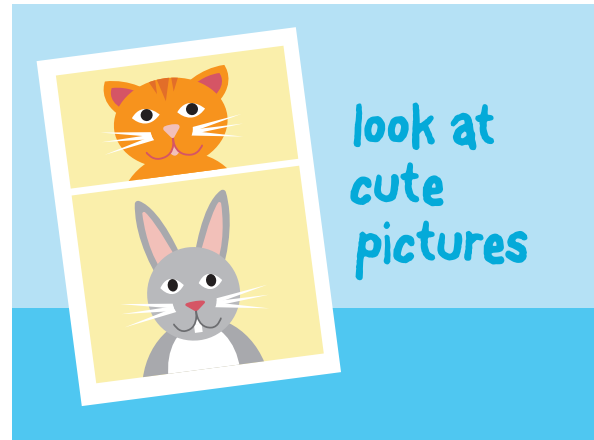
Now I am ready for a nice day.



Homework Routine



Before I start I can...



I am almost ready.



I am ready to learn something new.



Dinner Routine

Let's get ready for dinner!



It's nice to share together.



I can help and then have fun.



Chores

I can help around the house.



I can keep my room clean.



Helping out feels good!



Sparkle

Relaxing activities make me sparkle.



Positive thoughts and activities make me sparkle.



Being active and having fun makes me sparkle.



Feelings Change Like the Weather



How are you feeling today?

Feeling Signals

How are you feeling today?



Calming activities can help me with my feelings.



Family Meeting



Did I use my senses and express my feelings?



How did we do with our routines?

