

# My Schedule for Today, \_\_\_\_\_

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## Reminders for Success:

- The first thing we talk about and schedule is **FUN time** or the reward for chunks of hard work!
  - Use colors for different things
  - The child **MUST** have control over this schedule; the adult is only a guide. Control=motivation
  - At the end of each day, talk about how the day went. Did they get work done? What helped? If not, did they get distracted? By what?
  - Plan for tomorrow based on what you discussed
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- Keeping a schedule helps us feel better
  - Seeing what is next helps us focus
  - Don't forget to move during or between assignments
- Movement=Regulation**

**Notes:**

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**Don't Forget to Schedule**

- 1. Outside time**
- 2. Exercise time**
- 3. Time to talk to friends**
- 4. Meals**
- 5. Family fun time**

**Stuck?????**

- 1. Email your teacher**
- 2. Search internet**
- 3. Phone a friend**
- 4. Ask a parent**
- 5. Chunk long assignments and spread them out with breaks in between**
- 6. Talk to your teacher if work is taking too long and you can't get it done- they may have ideas**
- 7. Remember to focus on the good stuff...it can be hard to think of, but SMILING and LAUGHING is a great way to recover when you feel overwhelmed**