

I Can Get Ready For School

Routines

Feelings

School Skills

Morning Routine

How can I organize my morning routine, so I can be ready to get out the door on time and ready for the day?



Breakfast



Talk About Feelings

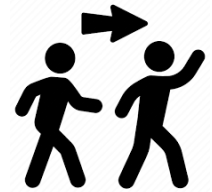
I can talk about my feelings with my family and tell them what I am worried about and what I am looking forward to.



Practice Following Directions

I can practice following directions by playing games like

- Simon Says
- Follow the Leader
- Beat the Timer



Bedtime Routine

How can I organize my bedtime routine so I can get a good night's sleep and be ready to get up on time, ready for the day?



Practice Time Away From Family

How can I practice being away from my family for a few hours, so it won't be so hard when I am at school all day?



Practice School Skills

I can practice school skills by

- Playing school
- Reading books with my family
- Making a card for my teacher
- Making pictures of my summer.

