Before I leave the house

Tick each one when it is done



Bag

☐



Lunch

☐



Water bottle

☐



Coat

☐



PE kit

☐



Reading book

☐



Homework

☐



Keys or phone

☐

Ready to work

Tick each one when it is done



Clear my table

☐



Get what I need

☐



Set the timer

☐



Do the first step

☐



Break when the timer goes

☐



Check it is done

☐

Listening steps

When someone asks me to do something



Look

☐



Listen

☐



Say it back

☐



Do it

☐



Ask if I am stuck

☐

Now and next

Put a picture or word in each box



Now



Next

My bedtime routine

Tick each one when it is done



Screens off

☐



Bath or wash

☐



Pyjamas on

☐



Brush teeth

☐



Toilet

☐



Story time

☐



Lights low

☐



Sleep

☐

Mealtime

At the table



Wash hands

☐



Sit down

☐



Eat my food

☐



Ask for more

☐



I have finished

☐



Plate to kitchen

☐

Shower time

Tick each one when it is done



Water on

☐



Get wet

☐



Shampoo hair

☐



Soap body

☐



Rinse off

☐



Water off

☐



Dry with towel

☐



Get dressed

☐

Being a good friend

Good friends



Say hello

☐



Take turns

☐



Share

☐



Ask to join in

☐



Kind words

☐



Ask an adult if worried

☐

How am I feeling?

Point to how you feel



1 Calm

☐



2 OK

☐



3 Wobbly

☐



4 Upset

☐



5 Too much

☐

Getting to school

Tick each one when it is done



Bag ready

☐



Leave the house

☐



Arrive at school

☐



Meet my key adult

☐



Look at my timetable

☐



Ask for help if worried

☐

Keeping safe

My safety rules



Stop at the kerb

☐



Cross with an adult

☐



Do not go with strangers

☐



Tell a safe adult

☐



Keep my details private online

☐



No secrets from my grown-ups

☐

Making a snack

I can do it



Wash hands

☐



Get a cup

☐



Pour a drink

☐



Choose a snack

☐



Use a plate

☐



Tidy up

☐

My morning routine

Tick each one when it is done



Toilet

☐



Wash face

☐



Get dressed

☐



Breakfast

☐



Brush teeth

☐



Brush hair

☐



Shoes and coat

☐



Bag ready

☐

Stop, think, do

When I feel a big urge, I can



Stop

☐



Breathe

☐



Think

☐



Choose

☐



Do

☐

Homework steps

Tick each one when it is done



Snack and break

☐



Sit at my table

☐



Set the timer

☐



Do one task

☐



Ask for help

☐



Put it in my bag

☐