5 QUICK WINS FOR HOME

ROUTINE, ROUTINE, ROUTINE

Keep as much familiarity as possible, the same thing at the same time. Think consistent routines for before school, getting ready, arriving home after school, bedtime, and weekends.

1

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VISUAL SCHEDULES

Consider using visuals to show what is going to happen in the day. Think about how you can show activities have finished - can they be ticked off or removed from the list?

FIRST + THEN

Use a visual to show what is coming next. Could this be a reward for a task that isn't favoured?

First | Then
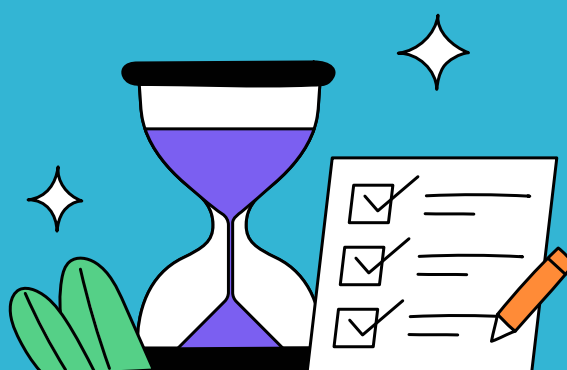group work | freeplay

3

4

A MOMENT OF CALM

Include mindfulness, deep breathing, grounding or hobbies to reduce stress and have screen free down time in their routine. What about a cozy calm space?

TIME TO PREPARE

Give as much warning as possible that a change is coming. Can this countdown be visual?

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