

# My Routines That Help Me











Routines can help us feel calm, safe, prepared, and ready for the day. 




## 1 Routines I Already Have

Tick the routines that are part of your day.


- morning routine 
- bedtime routine 
- after school / work routine 
- mealtime routine 
- calming routine 
- weekend routine 
- sensory routine 

 Another routine I have... \_\_\_\_\_

## 2 Things That Help Me Feel Ready











Tick the things that help you feel calm, prepared and ready for the day. 

- |   |  |
|---|--|
| <input type="checkbox"/> knowing the plan  | <input type="checkbox"/> movement breaks          |
| <input type="checkbox"/> visual reminders  | <input type="checkbox"/> familiar people          |
| <input type="checkbox"/> extra time        | <input type="checkbox"/> music / headphones       |
| <input type="checkbox"/> quiet time      | <input type="checkbox"/> snacks / drinks ready  |
| <input type="checkbox"/> comfort items   | <input type="checkbox"/> calming activities     |

 Something else that helps me... \_\_\_\_\_

## 3 My Favourite Calm & Familiar Things

These are the activities, objects, places, routines and supports that help me feel safe and comfortable.

 <b>Activities</b> What I enjoy doing	 <b>Objects</b> Things that comfort me	 <b>Places</b> Where I feel safe or calm	 <b>Routines</b> Routines that help me	 <b>Sensory Supports</b> What helps my senses feel okay
				



## 4 One Routine That Really Helps Me Is...

\_\_\_\_\_

\_\_\_\_\_



Different routines work for different people.  
*The things that help you feel safe and supported matter.*

