

Getting used to a new routine

Sometimes things happen that cause my routine to change. These are usually things outside of anyone's control.



Things like snowstorms, hurricanes or tornados make it unsafe for me to go to school, play outside or be in the community.



Sometimes, when a lot of people are getting sick, school may close. I also may not be able to go outside, see my friends or be in the community.



This may make me sad or nervous. It is okay, everyone is feeling this way too.



Since I can't do the things I usually do, my routine will change. This can be for a short time or a long time.

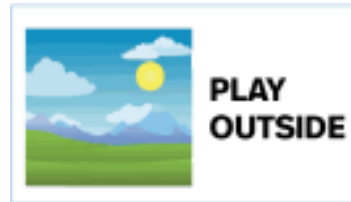
Sometimes, my family can tell me when my routine will go back to normal. Sometimes, they don't know when things will go back to normal.



I can make a new routine with my family. To do this, I should tell them a list of all the things I do at school everyday. Some of the things I do at school I can't do at home. That's okay! I can pick new things to do at home.

- *Morning Meeting*
- *Centers*
- *Math*
- *Science*
- *Lunch*
- *Recess*
- *Reading*

To make a new routine I can pick the first thing I do when I wake up in the morning. Then, I can add activities until my day is full! Don't forget to add break time!





# My New Routine

Insert your  
own photo.

Insert your  
own photo.

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own photo.

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I can make my routine into a visual schedule.  
This uses pictures to show my new routine.



While my new routine may be fun, it might still make me sad when I can't see my friends, family or do things in the community. I can tell my family how I am feeling. They can help me feel better.



I will be able to go back to my new routine once it is safe. In the meantime, I can have fun trying new things!



# Things to remember:

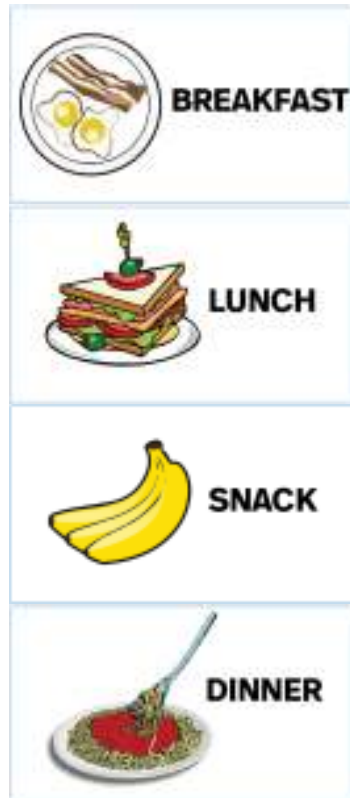
1. I can make a new routine with my family.
2. It's OK to feel sad or nervous.
3. Trying new things can be fun!
4. My routine will go back to normal once it's safe.

# Visuals for New Routine

## activities



## food



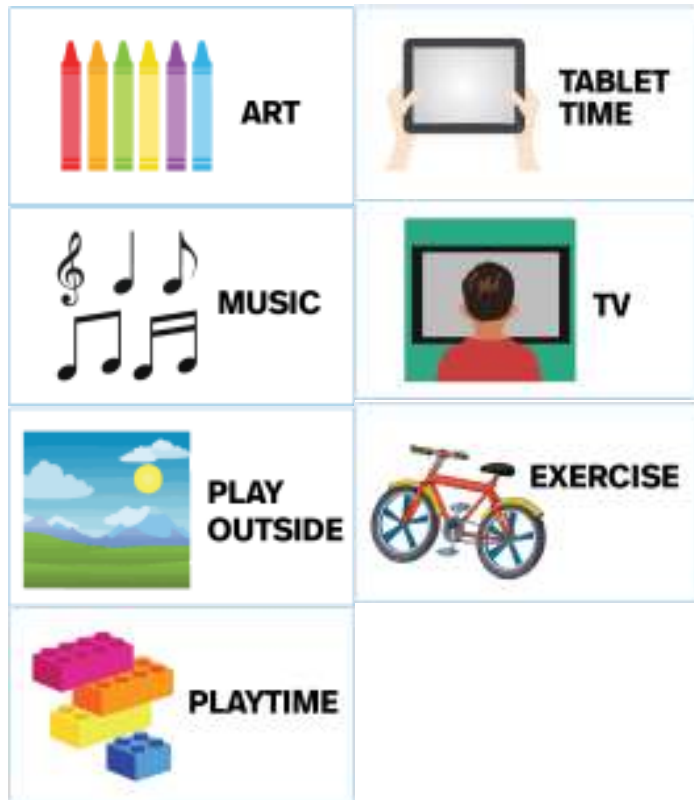
## academic





# Visuals for New Routine

## creative/leisure



## tasks

