Choose Your Own Adventure Schedule

Structure, routine, and predictability are key elements in supporting children who are grieving to feel safe and secure. Print the following pages single-sided. Cut out the cards and invite children to create a schedule for their day by placing the cards in order on the color block page. As each item is completed, they can remove the card to be re-used the next day. These can be used in the classroom and at home. Tip: Consider laminating the cards!