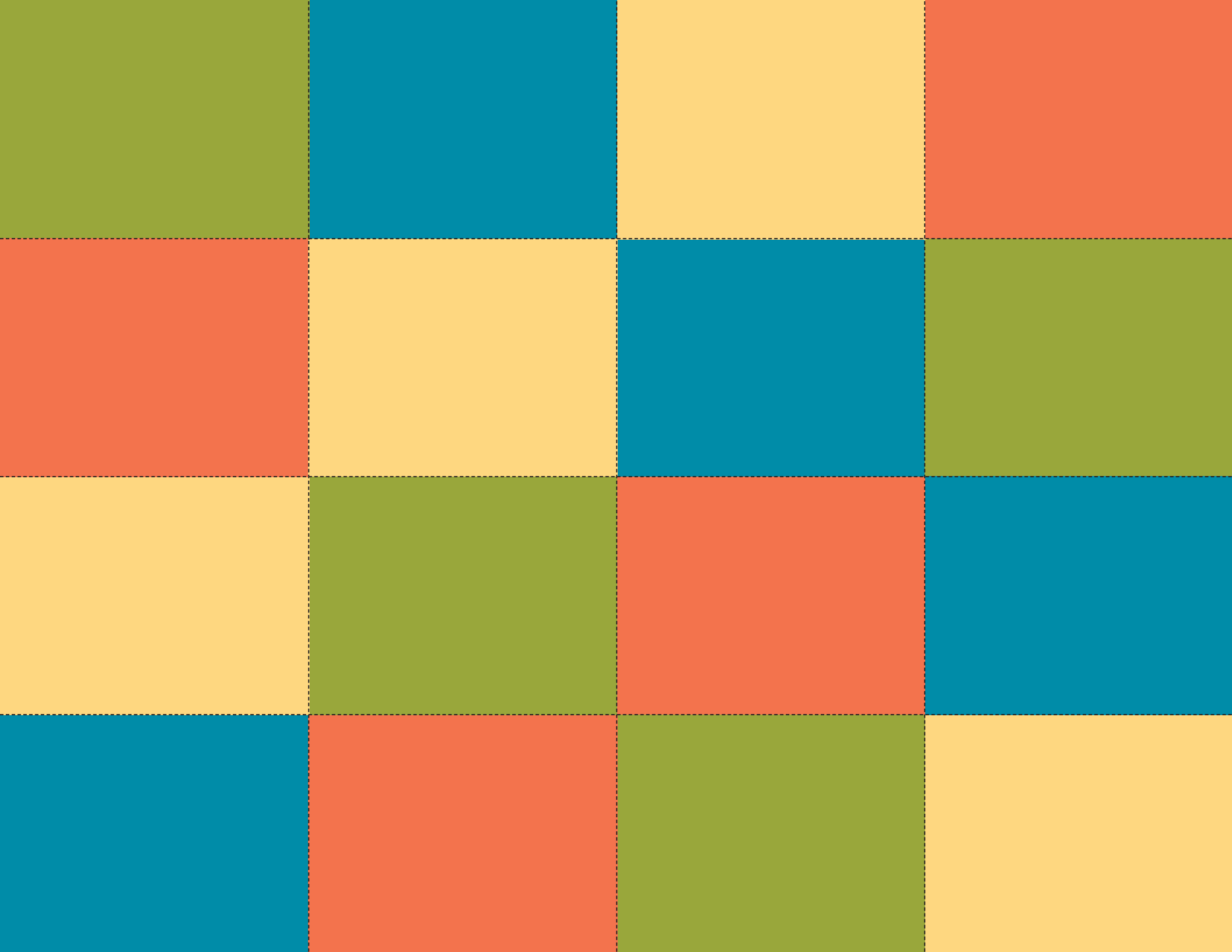


Choose Your Own Adventure Schedule



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!

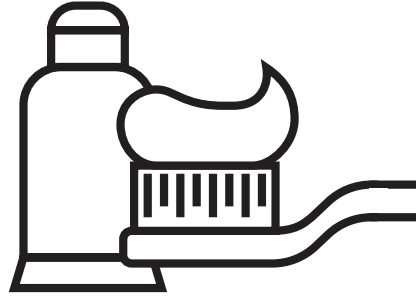




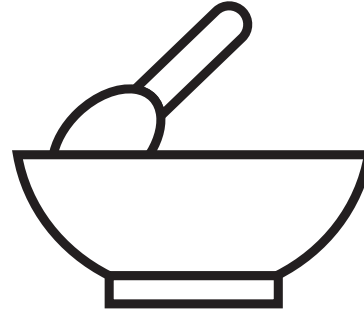
Wake Up



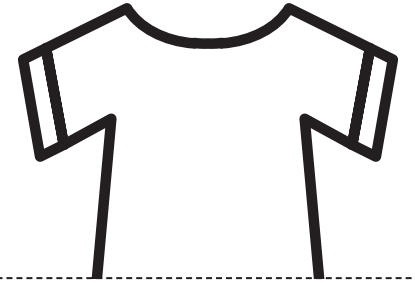
Brush Teeth



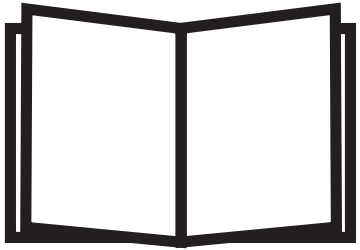
Breakfast



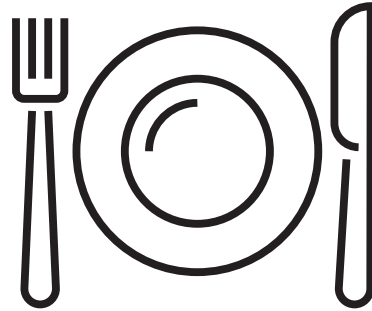
Get Dressed



Story Time



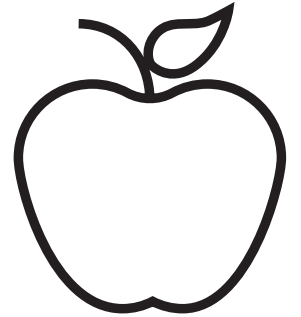
Lunch



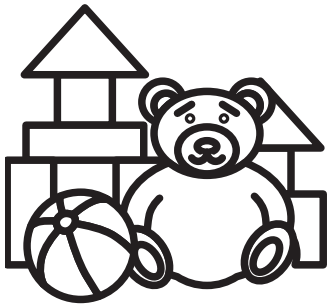
Nap Time



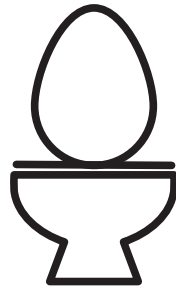
Snack



Play Time



Potty



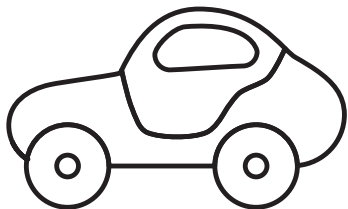
Outside Time



Line Up



Drop Off/Pick Up



Circle Time

