

Back To-School Tip #4 - Predictability can help ease worries over change. At school, children have a predictable time and place when activities occur that both decreases their anxiety and increases their focus on what they are learning. The school day includes scheduled times for fun, less structured activities (e.g., lunch, snacks, breaks, reward opportunities) as well as structured learning times. Writing down a schedule for the day helps children know what to expect and can improve motivation to complete more difficult activities. It can be as simple as a post-it note list or as complicated as a more detailed written schedule. For free fun movement and educational break activities, check out GoNoodle.com for families!! A sample schedule is attached if you'd like to try one out.

Sample Icons for a schedule:

Math 	Science 	Social Studies 
Writing 	Reading 	Reading 
PE 	Art 	Music 
Lunch 	Community Circle /Class Meeting 	Break Time 
Play Time 	Reward Time 	Nap Time/Bed Time 

_____ 's School Schedule

Time/Activity:	Notes (Teacher/Login info/Task)	I Did It!