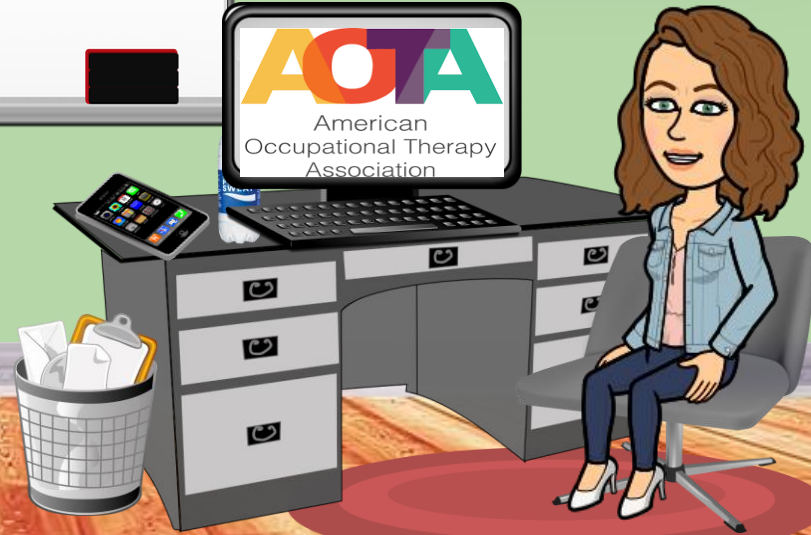


## Tips for a Successful School Year:

1. Have a routine!
1. Make a Schedule
1. Adjust the environment
1. Schedule breaks
1. Teach coping skills

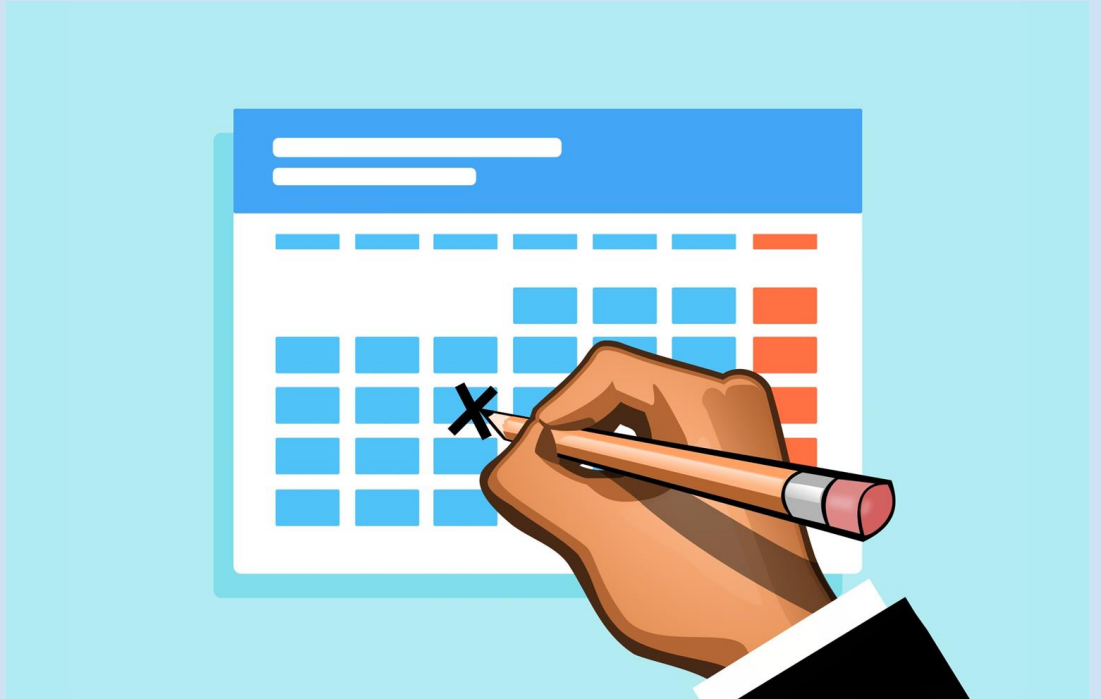
Mrs. Erin, OTD, OTR/L  
erinibales@gmail.com



Morning Routines

Bedtime Routines

Mealtime Routines

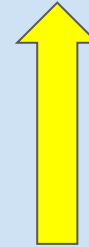


# Daily Schedule

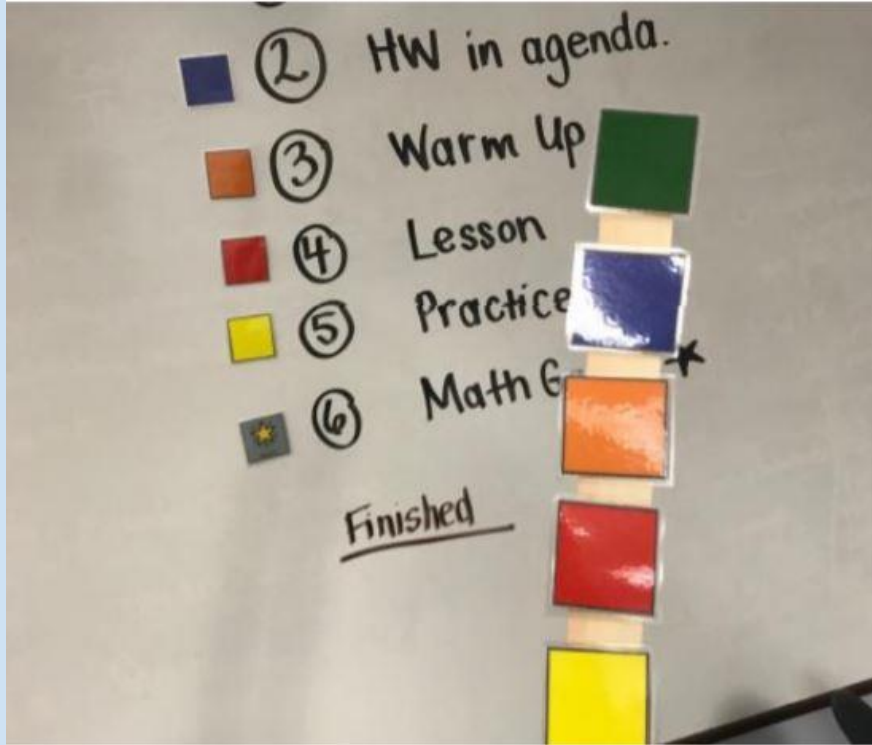


## DAILY SCHEDULE

8:00 -9:00 am	Wake Up	eat breakfast, make your bed, get dressed, brush teeth
9:00-10:00am	Morning Walk	family walk, yoga
10:00-11:00 am	Academic Time	Google Classroom, journal, write letters handwriting
11:00-12:00 am	Creative Time	Legos, drawing, crafting, play music, baking
12 pm	Lunch	quesadillas, burritos, pasta, sandwiches
12:30 pm	Chores	dishes, T- island, L-water bottles, J- table/floor, extra chore
12:30-1:30	Free Choice	play outside, finish projects
1:30- 2:30 pm	Quiet Time	reading, journal, or nap
2:30 - 3:30 pm	Academic Time	electronics Allowed- Learning Upgrade, Khan, Lexia, Raz
3:30 - 5:00 pm	Afternoon Fresh Air	bikes, hike, play outside, trampoline, soccer, bubbles
5:00 - 6:00 pm	Dinner	T- set table & clear off island, L- clear table & water bottles, J- wipe table



Post-It Note Schedule



Paint Stick



Drawer Organizers







# Back Support



**NOT GOOD  
NO SUPPORT  
CHAIR TOO BIG**

**GETTING THERE**



**WE MADE IT...  
FEET SUPPORTED, 2 PILLOWS FOR  
ENOUGH BACK SUPPORT  
HEAD IN NEUTRAL**



# Computer Height



**COMPUTER NOT  
AT EYE LEVEL  
MEANS CHILD'S  
NECK IS FLEXED  
THE ENTIRE TIME**

**ELEVATE  
COMPUTER SO  
NECK IS IN  
NEUTRAL POSITION**



# Foot Support



**CHAIR TOO BIG  
DOES NOT ALLOW FOR  
PROPER SEATING  
POSTURE**



**PILLOW BEHIND BACK  
STOOL FOR FOOT  
SUPPORT  
ALLOWS FOR  
90/90/90 POSITION**





therapy fun zone

[Go Noodle](#)

[Brain Breaks](#) (We Are Teachers)

[50 Ways to Practice Handwriting](#)

**MORE RESOURCES:**

[https://docs.google.com/document/d/12enBAyyVf3FZRdwV33\\_T3awQ7IXGFwQcMAEfuS1SHkg/edit?usp=sharing](https://docs.google.com/document/d/12enBAyyVf3FZRdwV33_T3awQ7IXGFwQcMAEfuS1SHkg/edit?usp=sharing)