

Getting Ready for School

A Story to Help

Insert photo of person here



My name is

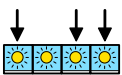
.



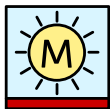
I am in



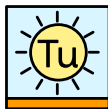
class.



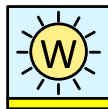
Usually on



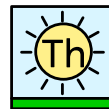
Mondays,



Tuesdays,

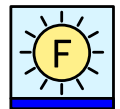


Wednesdays,



Thursdays

and



Fridays.



I need

to

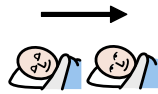
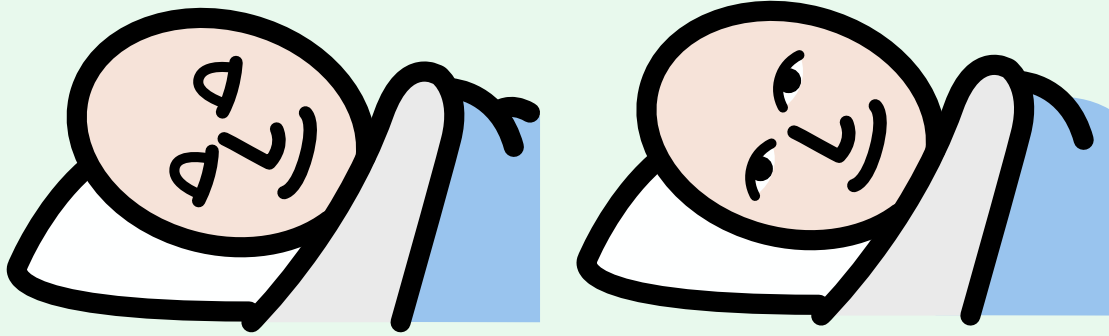


get ready

for



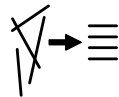
school.



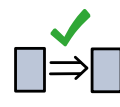
It can be hard to wake up and get ready for school.



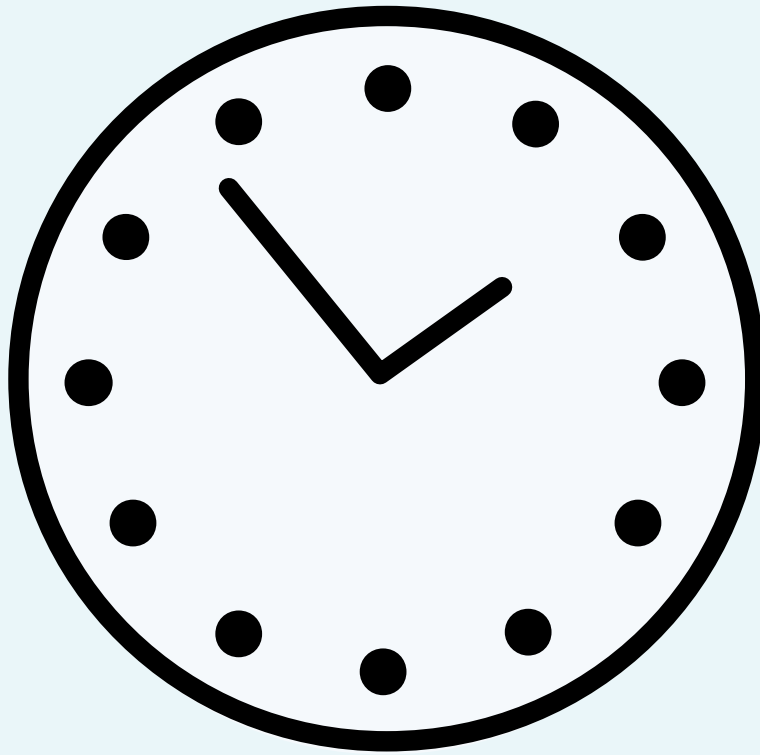
There are jobs to do before we leave the house.



My brain might find it hard to organise the jobs.



This can be because of different reasons and this is okay.



School

is a



place



most children



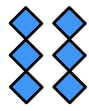
go to.



School

starts

at the

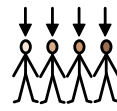


same

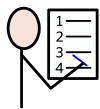


time

for



everyone.



This is so the register can be taken.



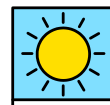
This is when we look at

our



visual timetable

for the



day.

1 _____
2 _____
3 _____



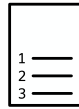
My parents and



I



can



make a plan.



This will help me



to get ready



for school.



This will help me



leave the house



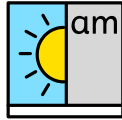
on time.



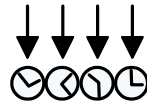
This is good.



My



Morning



Routine

1



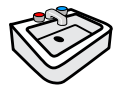
Get out of bed when my alarm clock makes its noise.



2



Go to the toilet and wash my hands and face at the sink.



3



Brush my teeth.

4



Get dressed.

5



Put my shoes on.

6



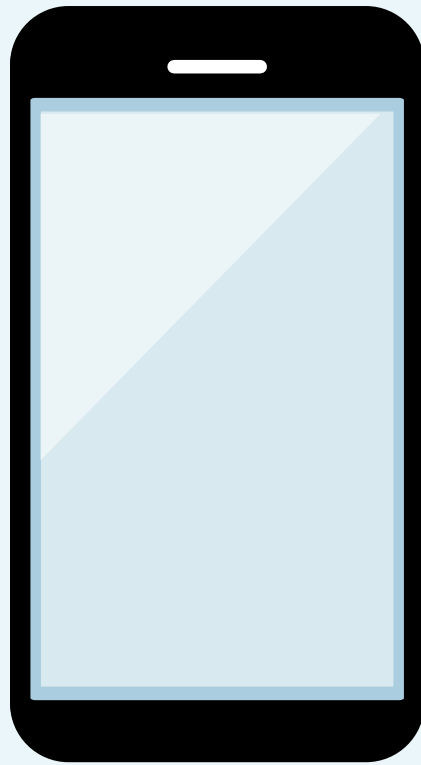
Have breakfast.

7



Time to rest, play or have some sensory time.





My parents'



phone



can give me



a five minute



warning.



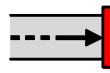
This will help



me know that



I have to



finish



playing.



I can



put my coat on

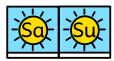
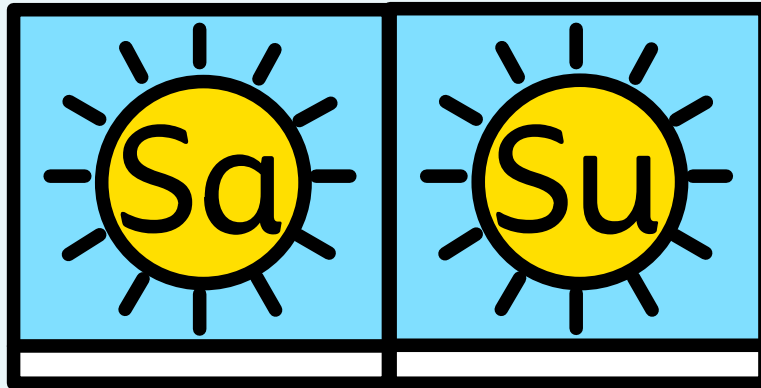
and



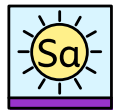
get my bag.



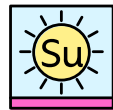
We can then leave the house.



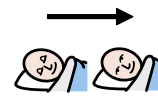
At the weekend



(Saturday and



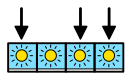
Sunday)



I can get up



later.



I usually

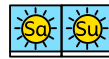


do not go



to school

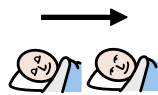
at



at weekends.



In the school holidays



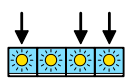
I can get up



later.



I



usually



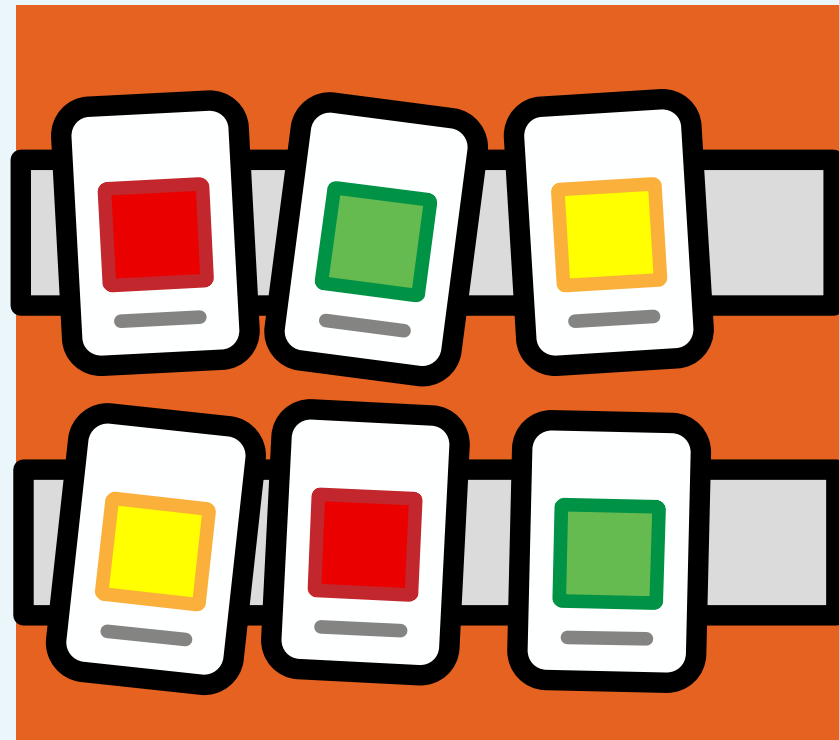
do not go



to school



in the holidays.

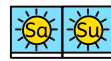


I might



still use

my visual timetable

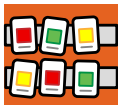


on weekends

and



holidays.

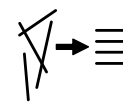


My visual timetable



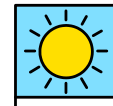
can help me

to



organise

my



days.



I can get ready

for



school.



WELL DONE



ME!