# My School-Day Comfort Choices

Make a small everyday plan for transitions around school.

## WHY THIS ACTIVITY EXISTS

This two-page kit helps with everyday communication or practical preparation. It is not an assessment or a clinical exercise. If your child is not interested, skip it.

## HOW TO USE IT TOGETHER

Offer two realistic choices for the time after school. Keep the plan flexible and collaborate with school staff if support is needed.

## THREE SMALL STEPS

1. Pick one thing that usually helps after school. 2. Choose a grown-up you could ask for help.
3. Draw a small comfort choice you want to try.

## WORDS TO TRY

Say something like: “After school, I would like...” Let your child change the words, point, draw, or decline.

## WHEN TO STOP

Do not use this page to investigate bullying or other upsetting events; involve appropriate adults.

## MAKE IT ACCESSIBLE

Read aloud, write for your child, use pointing, or do just one part. This is a conversation invitation, not homework.

# My School-Day Comfort Choices

This page is yours. You can change it, skip it, or make it your own.

**1 Pick one thing that usually helps after school.**

**2 Choose a grown-up you could ask for help.**

**3 Draw a small comfort choice you want to try.**

MY DRAWING OR NOTES

**You may want to choose:**

[ ] A snack or water

[ ] A favorite activity

[ ] Quiet time

[ ] Talking later