

Visual Schedules and Reward Charts

CHECK-IN

HOW ARE YOU FEELING?

BREATHE Take a moment to breathe in and out and ground yourself

FEEL Check-in with your mind and body. How are you feeling today?

THANK What things can I name that I am grateful for today?

WANT Is there something you want to accomplish or do today?

NEED What are your needs today?

AFFIRM Take a moment and pat yourself on the back. Celebrate your accomplishments, or name what you like about yourself!



Feelings Check-in
 Warm-up
 Skill Introduction
 Practice
 Independent
 Cool-down
 Exit Ticket

