

**My**  
*Daily*  
**Planner**  
*Binder*





# About me

Name

Grade

class



# About me

My  
Teacher

My friend

Things I  
like

I don't like

**Today is**

Monday

Tuesday

wednesday

Thursday

Friday

**Today is**

**The season is**



Spring

Summer

Autumn

winter

Month is

# My Schedule

done

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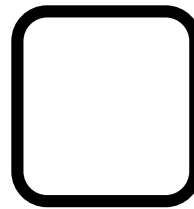
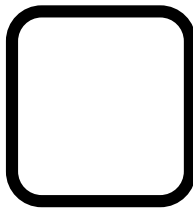
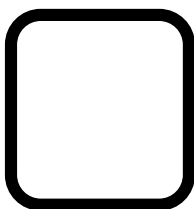
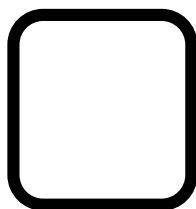
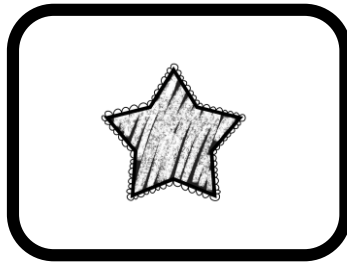
My  
schedule

# My Schedule

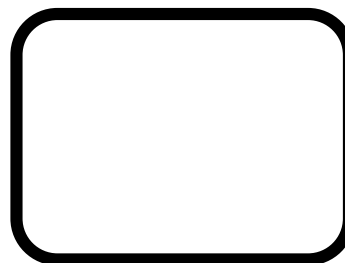
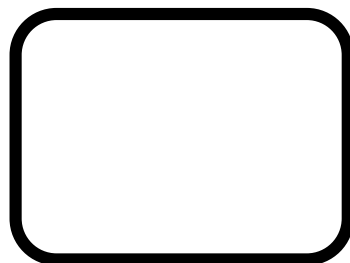
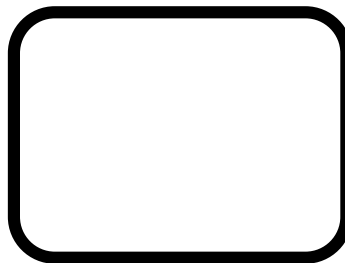
done

My  
schedule

# I am working for



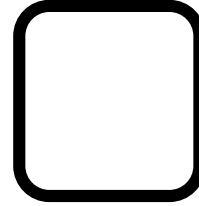
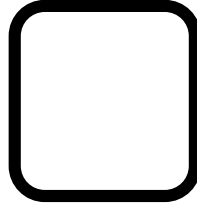
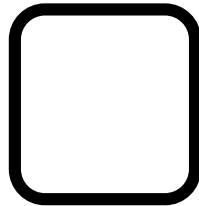
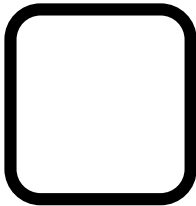
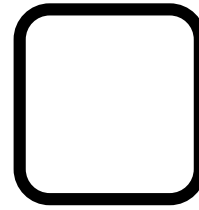
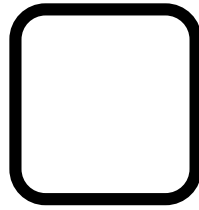
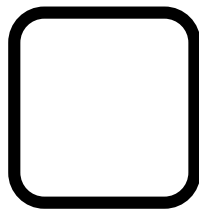
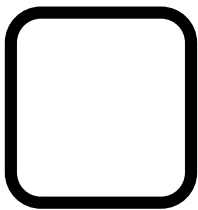
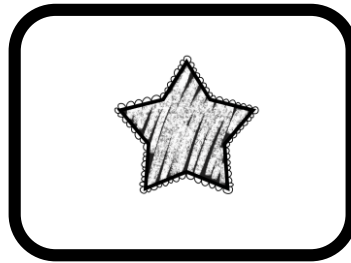
# Reward choice



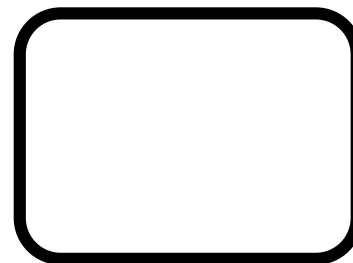
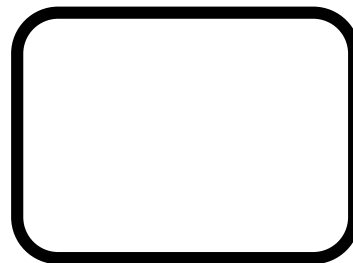
**working  
for**



# I am working for



## Reward choice



**working  
for**

# My Reward choice

a drink



train set



Listen  
to  
music



Take time  
out



Use  
the  
big  
ball



Use  
a  
fidget  
toy



Use blocks



computer

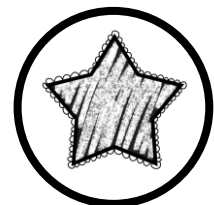
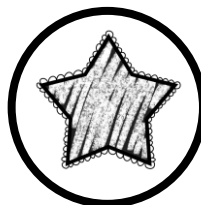
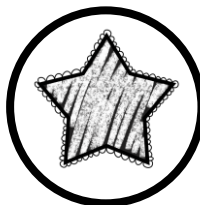
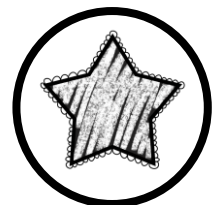
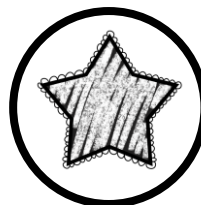
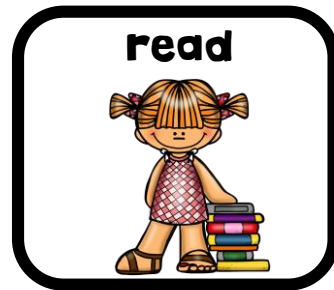
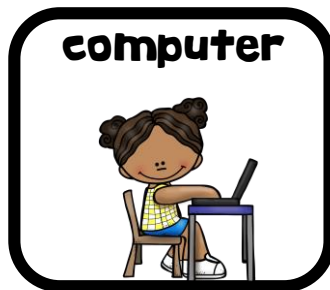
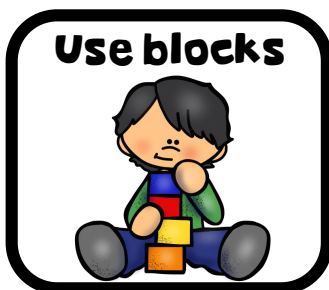


read



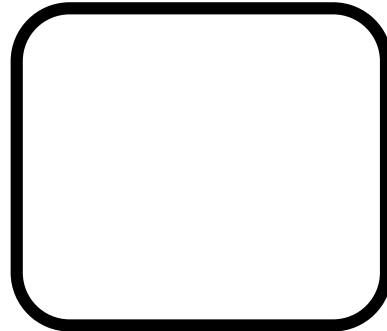
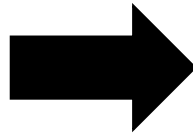
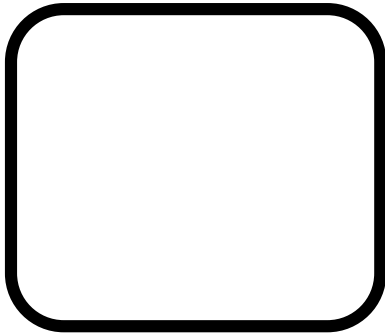
**Reward  
choice**

# Reward choice to cut out and laminate



# First

# Then



## I must remember to



**take deep breaths**



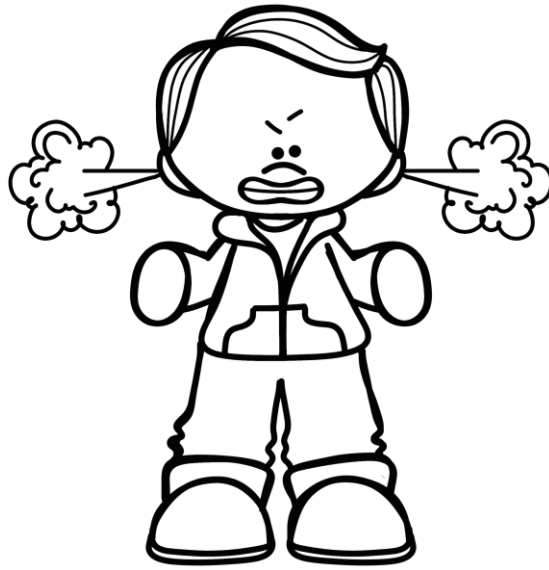
**Count to 10**



**Talk to my Teacher**

**Feeling  
stressed**

# When I'm feeling angry



## I must remember to



**Breath  
slowly**

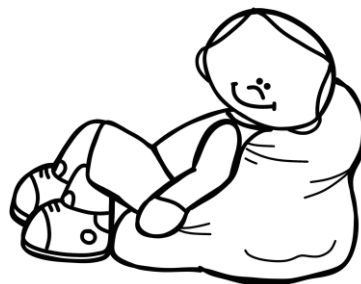


**Count to  
ten**



**Talk to  
the  
teacher**

**Take time  
out**



**Feeling  
angry**

**I can choose what I need  
to make me feel better**

**A break**

**Help**

**wait**

**I need**

**Cut out and laminate**

**A break**

**Help**

**wait**

# I need

**a drink**



**Listen  
to  
music**



**Read  
a  
book**



**Take time  
out**



**Use  
the  
big  
ball**



**Use  
a  
fidget  
toy**



**Use blocks**



**rest**



**jump**

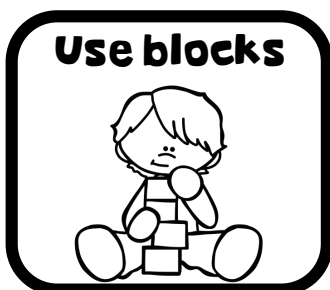
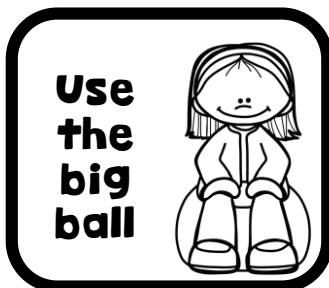
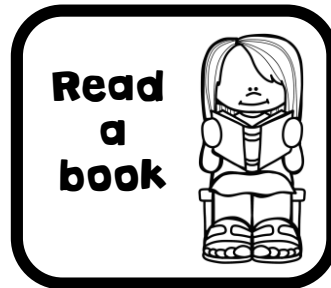


*Keep*  
**Calm**

**I need**



**"I need" visuals to be cut out and velcro attached to the "I need" page**



**Coloured copy**



# About me

Name

Grade

class



# More About me

My  
Teacher

My friend

Things I  
like

I don't like

**Today is**

Monday

Tuesday

wednesday

Thursday

Friday

**Today is**

# The season is



Spring

Summer

Autumn

winter

Month is

# My Schedule

done

My  
schedule

# My Schedule

done

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My  
schedule



**I am working for**



**Reward choice**

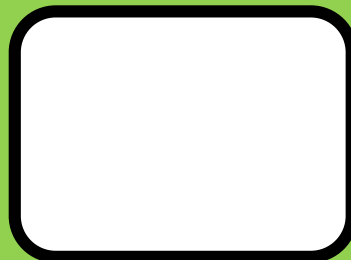
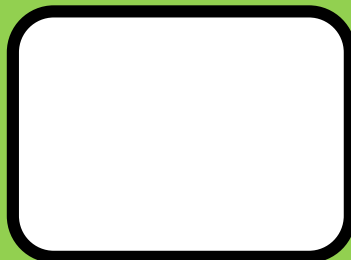
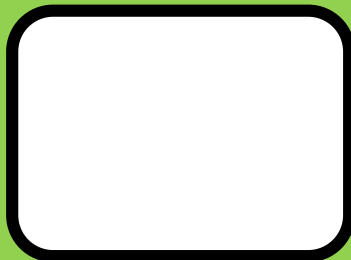
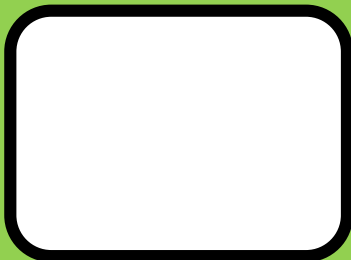


**working  
for**

**I am working for**



**Reward choice**



**working  
for**

# My Reward choice

iPad



train set



Listen  
to  
music



Take time  
out



Use  
the  
big  
ball



Use  
a  
fidget  
toy



Use blocks



computer

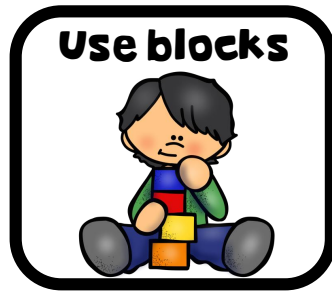


read



Reward  
choice

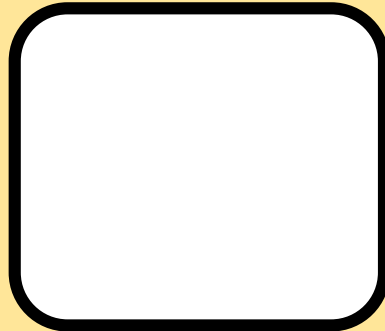
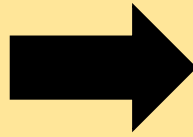
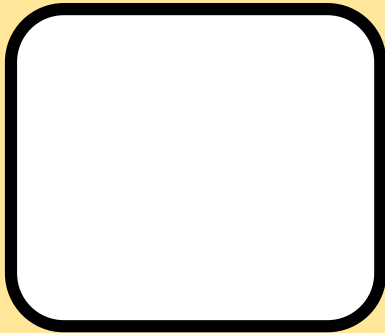
# Reward choice to cut out and laminate and attach with Velcro to the reward board



**Stars to be cut out and laminated for use with the "I am working for" board.**

**First**

**Then**



**I must remember to**



**take deep breaths**



1 2 3 4 5  
6 7 8 9 10

**Count to 10**



**Talk to my Teacher**

**Feeling  
stressed**

# When I'm feeling angry



## I must remember to



**Breath  
slowly**



**Count to  
ten**



**Talk to  
the  
teacher**



**Take time  
out**

**Feeling  
angry**

**I can choose what I need  
to help me feel better**

**A  
break**

**Help**

**wait**

**I need**

**Cut out And laminate and attach to  
the "I need" page**

**A  
break**

**Help**

**wait**



# I need

a drink



Listen  
to  
music



Read  
a  
book



Take time  
out



Use  
the  
big  
ball



Use  
a  
fidget  
toy



Use blocks



rest



jump



**CALMING**  
Strategies

I need

**"I need" visuals to be cut out and velcro attached to the "I need" page**

