

My top tips

Making friends...

I can be a good friend by:

- Smiling and being polite to others
- Taking turns in games
- Sharing toys
- Not teasing or calling names
- Being kind
- Saying sorry if I upset someone
- Trying to be patient - it's more fun to play with others even if I don't get my own way



At home...

It's much easier to get on with mum or dad when I:

- Agree to a small number of rules...
- Stick to the them!
- Ask if I can be rewarded for following the rules (maybe extra TV or a desert after dinner)
- Talk about which behaviours are OK and which are not



Being organised...

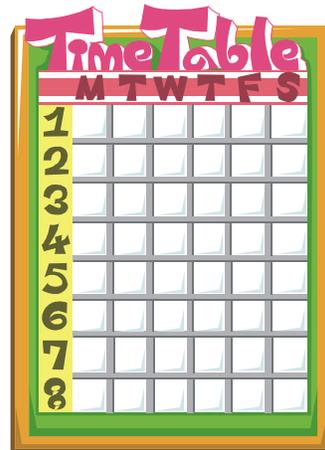
When getting ready for school, it helps if I:

- Plan my own routine
- Draw my routine on a chart
- Decide how long each task should take
- Time myself - see if I can beat the clock!
- If I am ready on time, I could reward myself by doing something fun, like playing a computer game



Morning routine:

Wake up - 8.00
Get dressed - 8.05
Breakfast - 8.10
Brush teeth - 8.15
Make bed - 8.20
Reward! - 8.25



Staying Calm...

If I get too excited or silly, I could:

- Take some deep breaths and count down from 20
- Plan a special signal with my teacher so we both know when I need some time to cool down
- Run around to lose some energy
- Move to a calm and quiet place



Planning ahead...

So I don't forget things, I could:

- Make a list of what I need for school each day
- Pack my bag the night before
- Check my bag before I go

School work...

To get things done I can:

- Make sure I know what to do
- Check with my teacher
- Decide how much time I will need
- See how fast I can work by racing against the clock or a sand timer
- Remember to give myself a pat on the back for working so hard!



Doing well...

My teacher will be pleased with me when I:

- Do as I'm told
- Try not to argue
- Ask for help