Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

| Emily’s Schedule | | | |
| --- | --- | --- | --- |
| Morning Work  Your teachers know you can do it!!! | Did I turn in or need to turn in my homework?  Check your sticky note.  Did I do my work? | Y or N  Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Gym, Music, Art, or Technology | Did I get frustrated?  Did I use my breathing?  Count to 100? | Y or N  Y or N  Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Bath room break: I need to only take 3-6 minutes. | Did I take 3-6 minutes? | Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Snack  It is almost time for math….we believe and know you can do it!!! | Did I eat my snack? | Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Math | Did I check my sticky note for directions?  Did I ask for help? | Y or N  Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Writing | Did I check my sticky note for directions?  Did I finish my work? | Y or N  Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Lunch and recess |  |  | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Teacher reads a book | Did I listen to the story? | Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Enrichment | Is my work done? | Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Reading | Did I read a new book?  Did I take a test?  Did I put my old book back? | Y or N  Y or N  Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Science/social studies | Did I do my seat work for science or social studies?  Turn in your work. | Y or N  Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |
| Home stuff | Did I grab all of my stuff?  Do I have homework tonight? | Y or N  Y or N | http://2.bp.blogspot.com/-EYn9ep5Lcpg/VDHP07hYVDI/AAAAAAAAYV8/ANlkMu7dfm8/s1600/10353195_10152828815411742_5765585362020327260_n.jpg |

Do I need a break? Tally how many I needed today. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My breaks should take around 5 minutes. If I need a break I can go to my break spot. I do not have to hide in the bathroom or under tables. I can go to my break spot instead of the bathroom. If I take a break it does not mean I am in trouble. It means I may just need a minute to myself and that is okay.

ATTENTION: There will be days when my schedule will change. That is okay. I can ask my teacher what the day will look like.