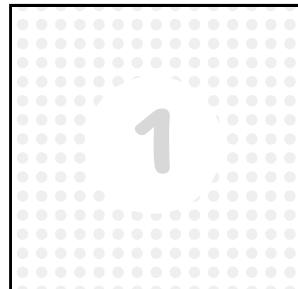




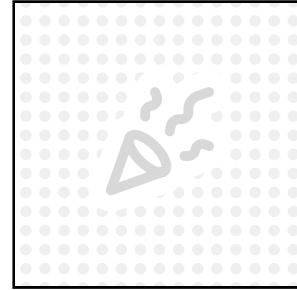
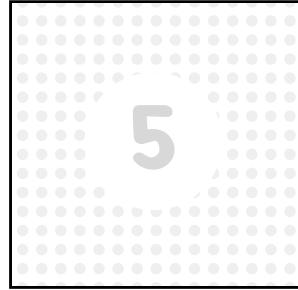
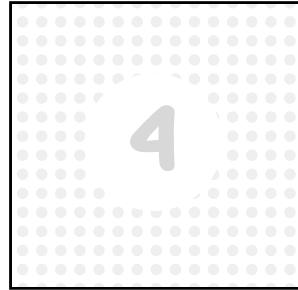
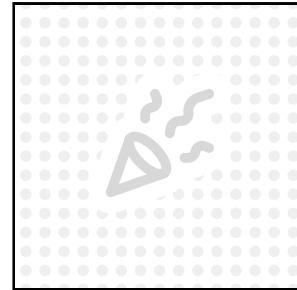
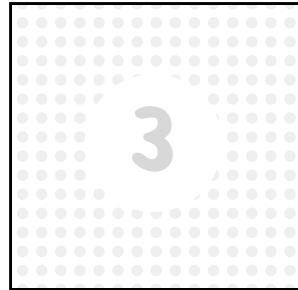
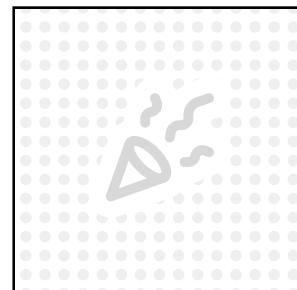
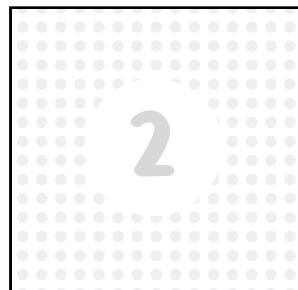
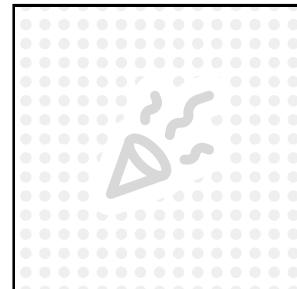
Good & Fun Routine

A Visual Support by The Catbears

Good Things



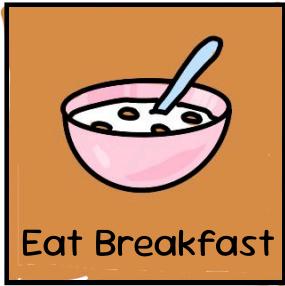
Fun Stuff



Good Things



Get out of bed



Eat Breakfast



Brush Teeth



Put on shoes



Get Dressed



Use the potty



Use the toilet



Get in the car



Go to kindergarten



Go to school



Take off shoes



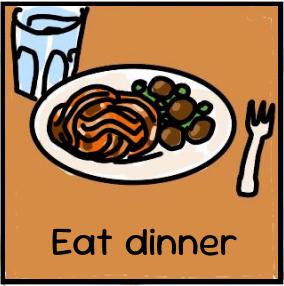
Hang up coat



Wash hands



Sit at the table



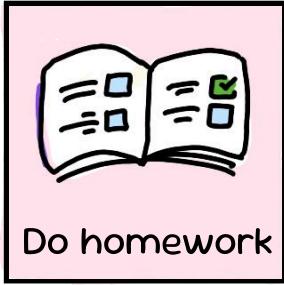
Eat dinner



Tidy up room



Put away dirty clothes



Do homework



Taste new food



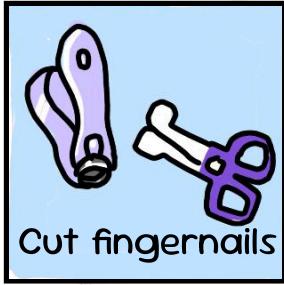
Drink water



Step into bath



Brush Teeth



Cut fingernails



Put on pajamas



Go to bed

Fun Stuff



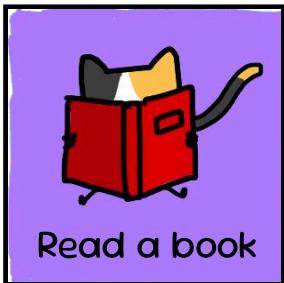
Play with toys



Bubble bath



Play with bath toys



Read a book



Watch T.V



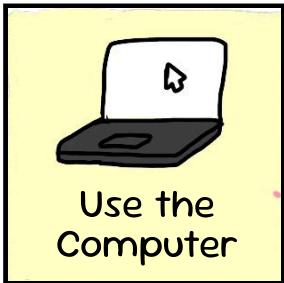
Dance party



Listen to music



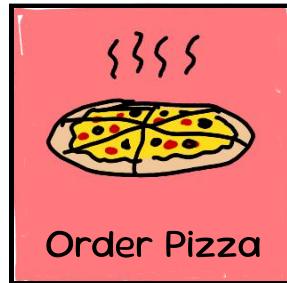
Arts and crafts



Use the Computer



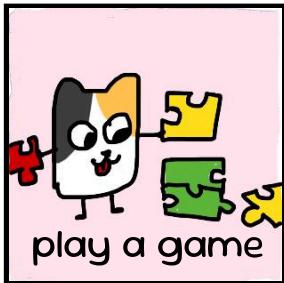
Use the Tablet



Order Pizza



Eat ice cream



play a game



play with mom



play with dad



Visit the park



Go to the movies



Go swimming



Ride bike



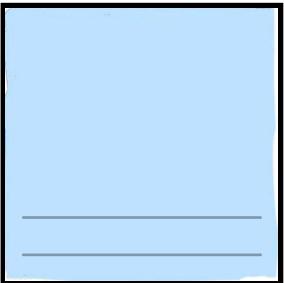
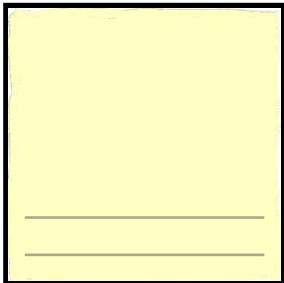
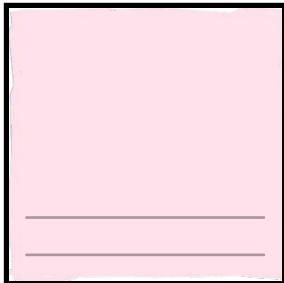
visit a friend



Go to the mall



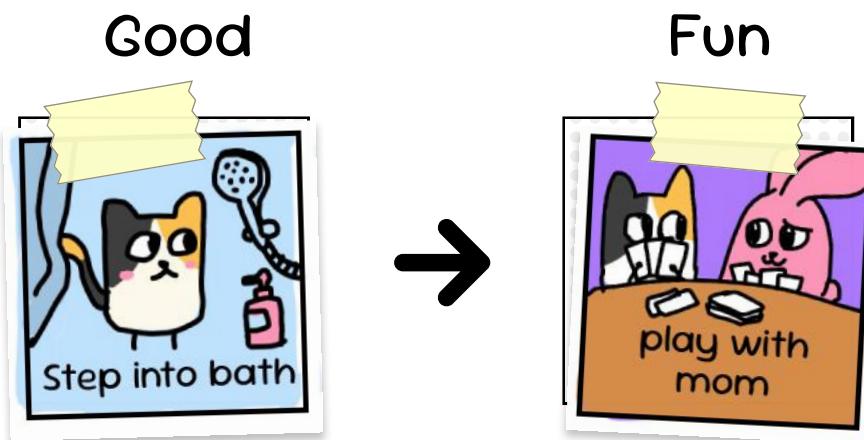
Play with playdough



How to use Good & Fun Routine:

- 1** **Cut:** Get a pair of scissors and cut all the good things and the fun stuff in two separate piles.
- 2** **Pick your "Good Things":** These are the important jobs that help you grow and stay healthy.
- 3** **Pick your "Fun Stuff":** These are the activities you love most, like games or play time.
- 4** **Tape:** Tape them together in the Good & Fun Routine page, to show that finishing the good thing earns the fun stuff.
- 5** **Follow the arrows:** Do one "Good Thing" to earn one "Fun Stuff".

Example:



Every time you finish a row, you've done a great job managing your day! We hope this helps you with your daily routine. Remember, even small changes can sometimes make big differences!

Love,
The Catbears.

