

SLP My Feelings & Choices Toolkit

A Mini Starter Pack for Kids

(Visuals • Routines • Emotions • Coping Skills)

Includes:

- Feelings Chart
- Coping Skills Chart
- First–Then Chart
- Morning Routine Visual
- Bonus SEL Printable [Schedule]

Created by a Special Education Teacher

Gentle. Accessible. Neurodiversity-Affirming.

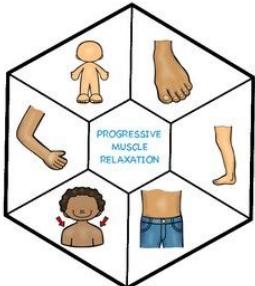
My Chart of Feelings

Happy	Mad	Sad	Excited	Sick
				
Scared/ Nervous	Surprised	Loved	Sleepy	Embarrassed/ Disappointed
				

My List of Coping Skills

Relax muscles

SQUEEZE, COUNT TO 5, RELAX



Listen to music



Take a deep breath



Talk to someone



Count to 5



Squeeze a ball



Draw/Color



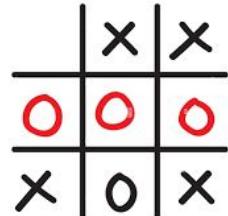
Go to a quiet space



Use positive self-talk



Play a game



Name _____

Date _____

First

Then

Name _____

Date _____

First

Then

Morning Routine

Toilet



Wash Hands



Brush Teeth



Clean Face



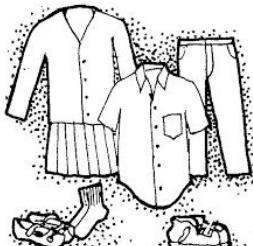
Breakfast



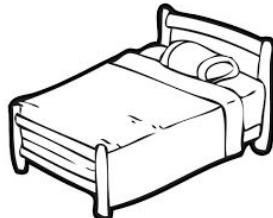
Change Underclothes



Get Dressed



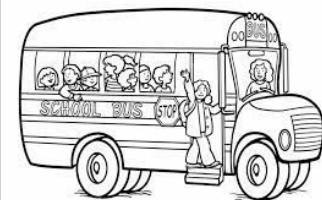
Make Bed



Bookbag



School Bus



Morning Routine

Toilet



Wash Hands



Brush Teeth



Clean Face



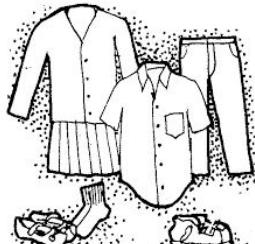
Breakfast



Change Underclothes



Get Dressed



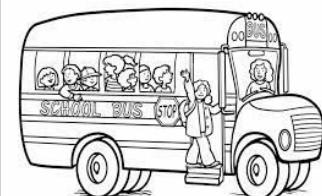
Make Bed



Bookbag



School Bus

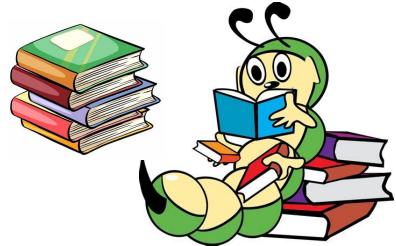


Morning Routine

Morning Routine

Visual Schedule

Reading



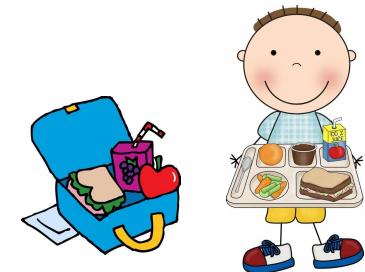
Math



Writing



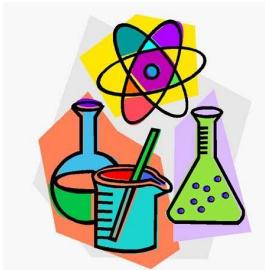
Lunch



Social Studies



Science



Recess



Restroom



Visual Schedule

Music



Library



Computer



Small Group



Whole Group



1-on-1



Independent Work



Morning Meeting



TIME:

TIME: