

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



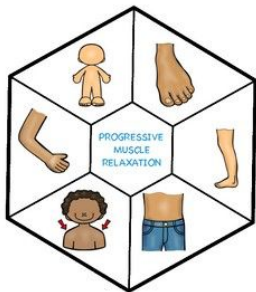
Embarrassed/
Disappointed



My List of Coping Skills

Relax muscles

SQUEEZE, COUNT TO 5, RELAX



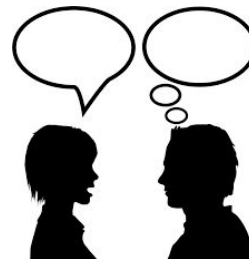
Listen to music



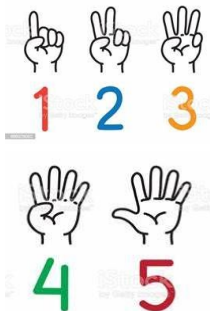
Take a deep breath



Talk to someone



Count to 5



Squeeze a ball



Draw/Color



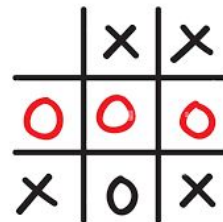
Go to a quiet space



Use positive self-talk



Play a game



Name _____

Date _____

| <u>First</u> | <u>Then</u> |
|--------------|-------------|
| | |

Name _____ Date _____

First

Then

Morning Routine

Toilet



Wash Hands



Brush Teeth



Clean Face



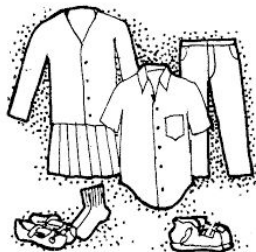
Breakfast



Change Underclothes



Get Dressed



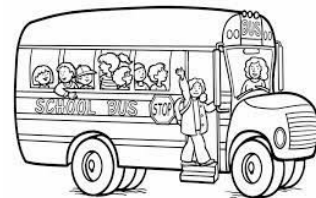
Make Bed



Bookbag



School Bus



Morning Routine

Toilet



Wash Hands



Brush Teeth



Clean Face



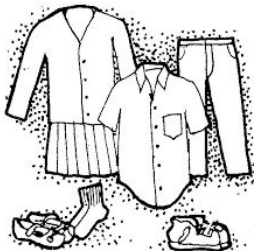
Breakfast



Change Underclothes



Get Dressed



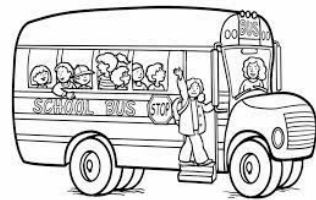
Make Bed



Bookbag



School Bus



Morning Routine

| | | | | |
|--|--|--|--|--|
| | | | | |
| | | | | |

Morning Routine

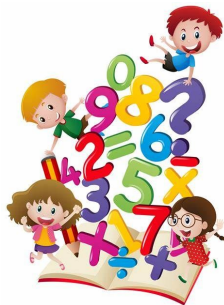
| | | | | |
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Visual Schedule

Reading



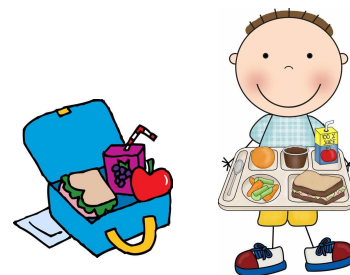
Math



Writing



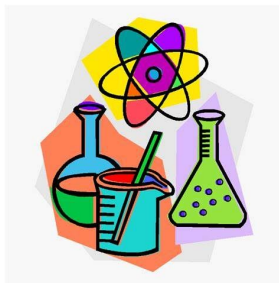
Lunch



**Social
Studies**



Science



Recess



Restroom



Visual Schedule

Music



Library



Computer



Small Group



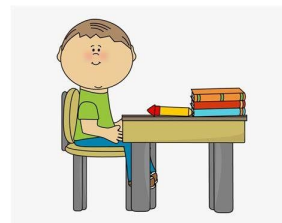
Whole Group



1-on-1



Independent Work



Morning Meeting



TIME:

TIME:

TIME:

TIME:

TIME:

TIME:

TIME:

TIME:

TIME:

TIME:

TIME:

TIME: