

The background is a white canvas filled with numerous watercolor-style circles of various sizes and colors. The colors include shades of yellow, orange, pink, red, purple, blue, teal, and green. The circles have soft, blended edges, giving them a painterly appearance. They are scattered across the entire frame, with some overlapping each other.

Spring Break

**GOING ON A
TRIP**



1

March

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

This month I will be going on spring break.

2



Spring break means there will be no school for a week and my schedule will be different.

3



I will not have the same routine during this week like I do when I go to school, but it will be ok.

4



We will be going on a trip. Some people take an airplane and some people drive on a road trip.

My family will be: _____

5



Each day I can ask an adult what is planned for the day and they will show me.

This week we are going to: _____

6



There will be times we will not have things planned to do during this week.


During these times I can use a Calm Down Strategy or rest.

7










Spring break is a fun time to try new things that I have not done before.

8

 **Feelings Check-In Sheet**

Right now, I'm feeling....

happy silly tired sad confused annoyed angry

I feel this way because...

A Calm Down Strategy that might help me...

Anything else I would like to share...

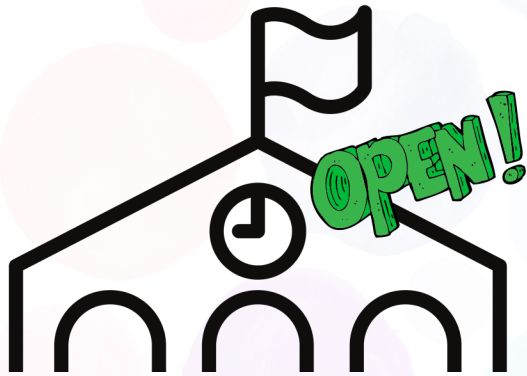
If I am having a hard time, I can practice my feelings check-in sheet.

9



I will be ok.

10



When spring break is over, I will go back to school and I can share with my friends what I did over break.