

## Planners

Visual planners can help prepare children for the week ahead.

Use words or pictures for events e.g., hospital appointments, family outings. It could include days to take P.E. kit to school or after school activities etc so everyone in the family knows and can help stay organised.

Sometimes, knowing what is coming up, or being prepared in advance can help to manage anxiety.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

