

Monday: Getting to know my emotions (prepared).

Feeling **prepared** is the opposite of feeling **anxious**.

Have you ever felt rushed and nervous about being late? Getting your things prepared ahead of time can help!
Have you ever been nervous about a quiz or test that you didn't study for? Studying ahead of time can help you prepare!

Use the box to write ideas about what feeling prepared means to you.

Think about the why, when, and how of feeling prepared.

PREPARED		
Why do I feel prepared?	When do I feel prepared?	How is being prepared helpful?

Tuesday: Everyday stuff.

- Think about your best mornings — the ones that go really smoothly. What steps do you take to prepare for that day? What's your routine?

Clue ideas:

Get things ready the night before, wake up on time...



Wednesday: Preparing for tomorrow.

- What is 1 thing you can do tonight that will help you be better prepared for tomorrow?

Clue ideas:

Go to sleep on time, pick out my clothes for tomorrow...



Thursday: Bedtime is rest your head time.

A good night's sleep is an important way to prepare for the next day.
A bedtime routine is an important way to prepare for a good night's sleep.
On your best nights, what is your perfect bedtime routine? Write it in the word box.

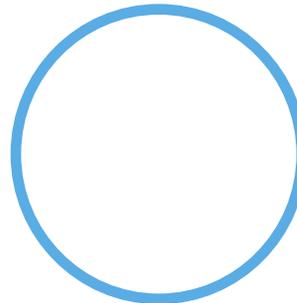


Clue ideas:
Brush teeth, wash up,
read a book, lights out...



Friday: Emoji greatness!

Think about a person who helps you prepare for important stuff. Write that person's name and draw an emoji that looks like them.



Emoji's Name

Saturday/Sunday: It's story time.

- Write a very short story about an emoji who got a great night of sleep.



Monday: Plan on making a plan.

Plans are like instructions for doing important things.

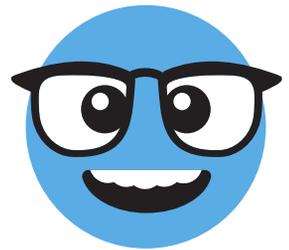
Think about what you want to do tomorrow, then let's practice making a plan.

What's the most important thing you have to do this week?

What can you do today to help you do that important thing?

How will you start? What's the very first thing you have to do?

Clue ideas: Schoolwork is important. So is helping around the house. Not sure what to plan for? Ask a grown-up to help you decide.



Tuesday: Stick to the plan.

- Plans are like recipes for success instead of cookies. Practice making a plan by writing a funny recipe for silly cookies.

Clue ideas:
What kind of cookies are you making? What ingredients do you need?



Wednesday: Have you ever...?

- Have you ever followed a plan from start to finish? Write about it. What did you do? How did you do it?

Clue ideas:
Built something, cooked something, went on a trip...



Thursday: Make a plan to take a trip.



This emoji doesn't have a plan.

The emoji wants to go on a trip but doesn't have a plan. They have 1 day to pack and get ready. Can you help?

Where is the emoji going to go?

Clue ideas:

Pick a fun place to go.
Pack the items that match the place. (Is it warm? Pack shorts.) How far away is the place you picked?
Drive, fly, or bus?



What do they need to pack in their backpack?

How will they get to where they're going?

Friday: Repeat after me.

Let's remind ourselves that it's important to plan ahead.

Write the sentence below word for word.

I will make a plan when I have something important to do.

Saturday/Sunday: It's story time.

- Write a very short story about the emoji who went on the trip that you planned above.

