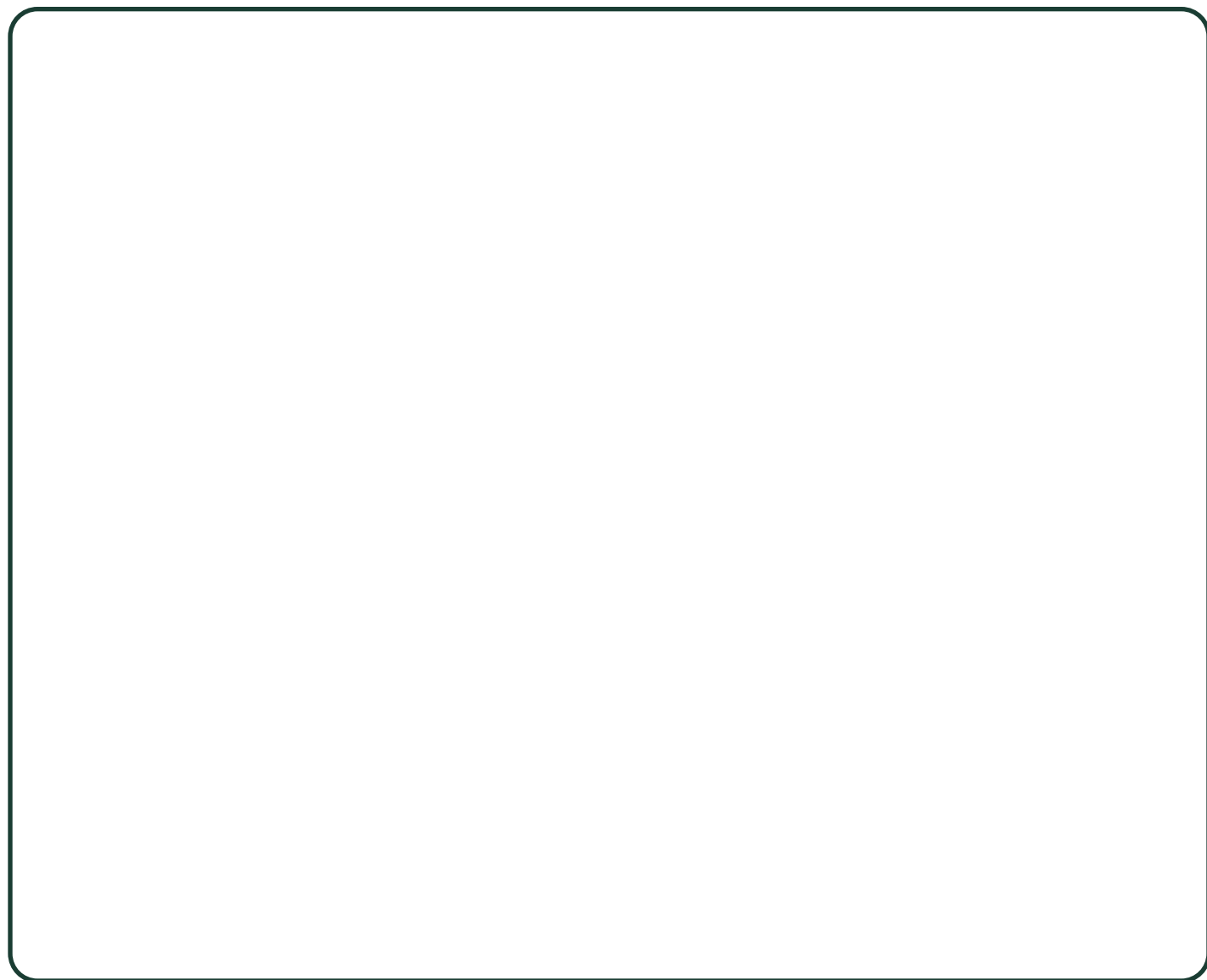


My Mountain Garden

Draw three flowers, a butterfly, and a bird. Color your own spring garden.



What did you notice outside today?

Choose Your Own Good Day

Circle one or more choices. A short activity and an early finish count.

- ☐ Look for three leaf colors.
- ☐ Listen for a bird from a comfortable spot.
- ☐ Draw flowers with crayons.
- ☐ Read a nature story indoors.

What helps me feel comfortable?

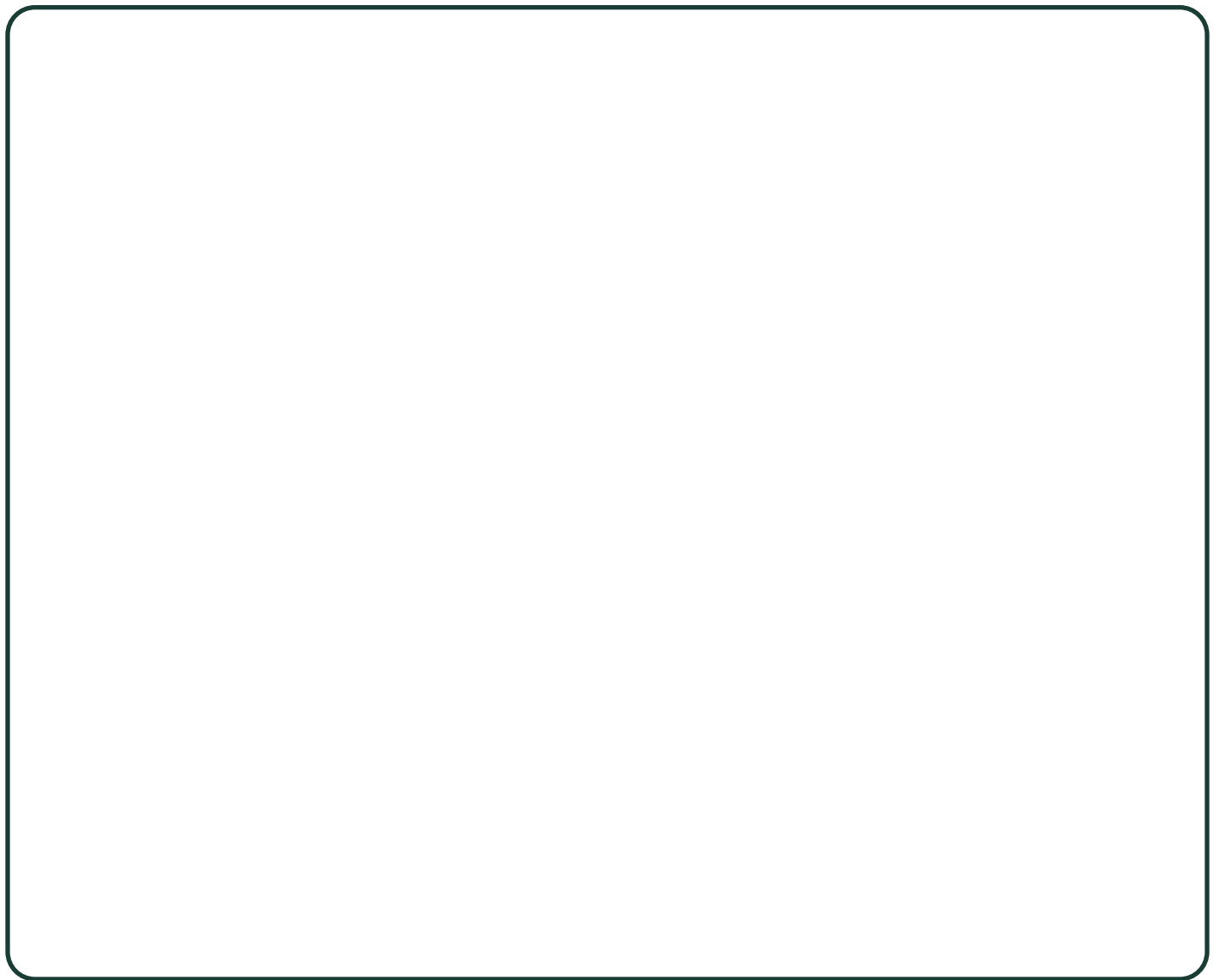
A familiar snack / Headphones / Quiet voices / A break

My choice: _____

I can stop or change the plan whenever I need.

A Little Adventure Map

Draw a path from home to a shady picnic spot. Add a tree, water, and a rest stop.



What would you bring for a comfortable outing?



Choose Your Own Good Day

Circle one or more choices. A short activity and an early finish count.

- ☐ Draw your dream picnic.
- ☐ Find a shady spot for five minutes.
- ☐ Make a paper fan and decorate it.
- ☐ Watch clouds from a window.

What helps me feel comfortable?

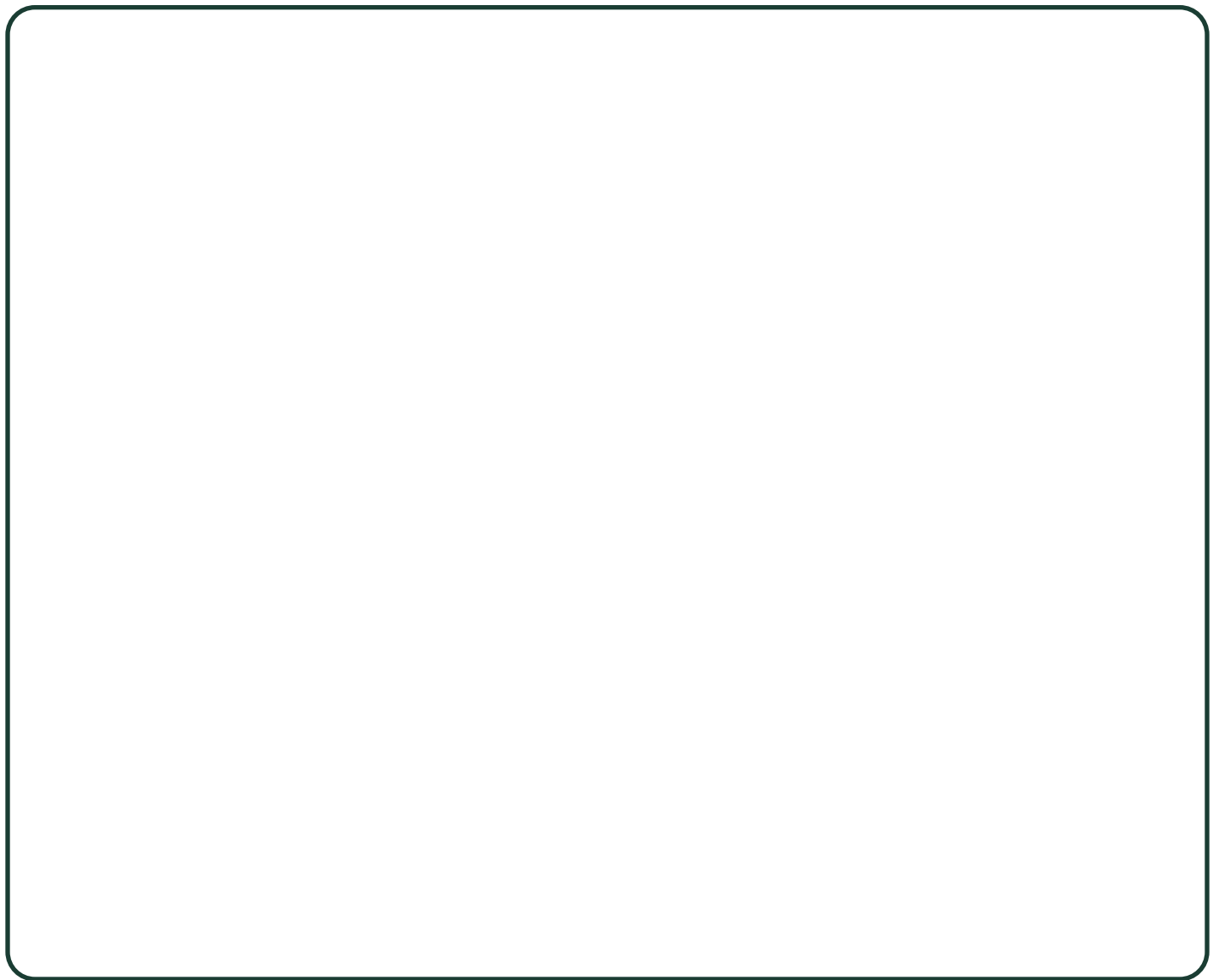
A familiar snack / Headphones / Quiet voices / A break

My choice: _____

I can stop or change the plan whenever I need.

Friendly Leaf Monster

Draw or trace a leaf. Add friendly eyes and a smile. Give your monster a name.



My leaf monster is named:

Choose Your Own Good Day

Circle one or more choices. A short activity and an early finish count.

- ☐ Color a paper pumpkin.
- ☐ Make up a friendly ghost story.
- ☐ Look for decorations in daylight.
- ☐ Create a leaf monster on paper.

What helps me feel comfortable?

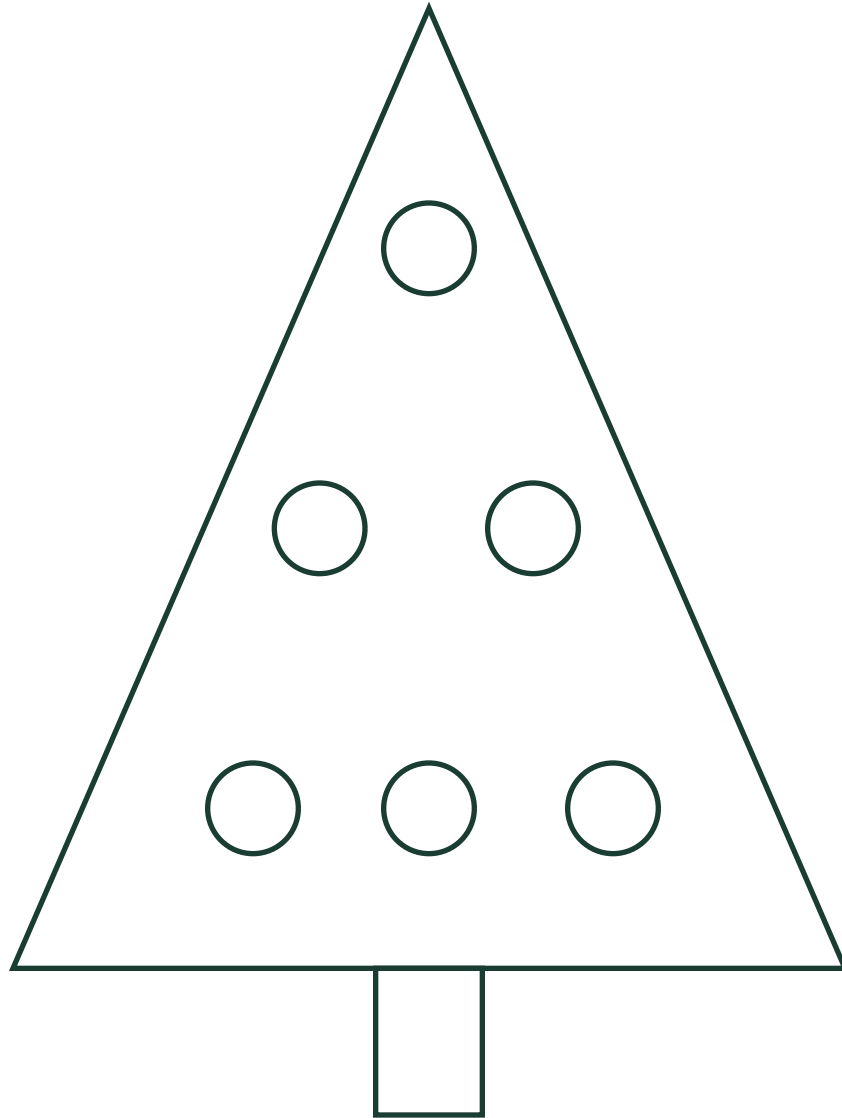
A familiar snack / Headphones / Quiet voices / A break

My choice: _____

I can stop or change the plan whenever I need.

Christmas Kindness Tree

Draw decorations on the tree. Write a kind word or draw a gift on each ornament.



Something kind I can do:

Choose Your Own Good Day

Circle one or more choices. A short activity and an early finish count.

- ☐ Color your Christmas kindness tree.
- ☐ Make a paper card for someone you love.
- ☐ Draw a snowflake; no snow required.
- ☐ Enjoy a familiar story in a cozy space.

What helps me feel comfortable?

A familiar snack / Headphones / Quiet voices / A break

My choice: _____

I can stop or change the plan whenever I need.