Why I Use a Schedule

I have a calendar and a schedule at school. My calendar tells me when I have school and when I am on a break.

When I am at school, I try to use a schedule. My schedule is a list of what activities I am doing and what is next.

I can check off the activity when I am finished.

I can look at my schedule to see what is next. If I do not like what I am doing now, I can remember that the activity will end soon and I will get to do different activities too.

Sometimes my schedule will change. An adult will tell me if there is a change and what is happening. Sometimes the change is a very good change, like a special snack or event.

Sometimes the change just means I will be doing a different activity or that there is a change to the time of an activity. A change may mean a vacation day or a sub. Changes are okay.

I can look at my schedule to see what is happening next. My schedule helps me to know what I am doing so I can learn.