Visual Choice Board

Sensory Time Board

Things To Do While I Wait
Visual Choice Board

- have a drink
- go for a walk
- take deep breaths
- squeezes
- stretches
- sensory toys
- watch the game
- score
- go for a run
- throw a ball
- warm up
- quiet time
- have a drink
- go for a walk
- take deep breaths
- squeezes
- stretches
- sensory toys
- watch the game
- score
- go for a run
- throw a ball
- warm up
- quiet time