Name: _____

Circle the tired picture.

Look at the pictures. Circle tired.

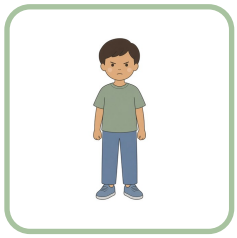
1



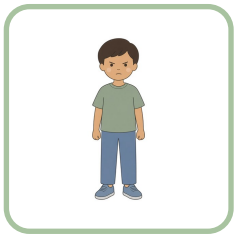


2





3


4





Trace the word.

Trace the word tired.



tired

tired

tired

Name: _____

Things that help tired: cut and glue.

Cut out the pictures. Glue them in the rest box.

Glue here.

✂ Cut on the dashed lines.









How does tired look for you?

How does tired look for you? Circle your ways.









my way

Name: _____

Match the picture to the word.

Draw a line to the matching word.











- yawn
- water
- rest
- rub eyes
- sleep

Fill in the word.

Pick a word from the box. Write it in the space.

yawns · sleeps · loud · water



1. Sam opens their mouth wide. Sam _____.



2. Sam _____ in bed.



3. The hall was very _____.



4. Sam drinks _____.

Name: _____

First, next, last.

Put the pictures in order. Write 1, 2, 3.



Sam has a busy day



Sam rests in a quiet spot



Sam feels tired

Thumbs up or thumbs down.

Is it true? Circle thumbs up or thumbs down.

1. Noise can make me tired.



2. Resting is lazy.



3. Sleep helps my body.



4. Only babies get tired.



Name: _____

My rest list.

Draw or write three ways you rest.

When I feel tired, I can...

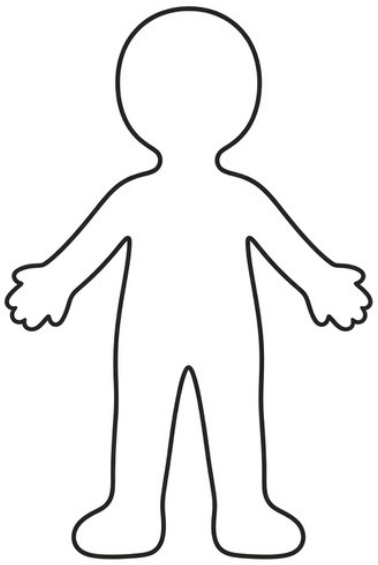
1

2

3

My body and tired.

Where do you feel tired in your body? Color it.



- [ ] heavy eyes
- [ ] yawning
- [ ] slow legs
- [ ] want to lie down
- [ ] grumpy
- [ ] hard to think
- [ ] want quiet
- [ ] my own way:

Name: _____

What could I do?

Read the story. Draw or write what you could do.

1. “I am tired. My friend wants to run.”

2. “I am tired at school.”

3. “It is bedtime. I am not sleepy yet.”

Today.

Today I felt tired when...

What helped my body rest?

Tired · Answers

For grown-ups

Name: _____

Answers

E1: row 1: sam tired; row 2: rub-eyes; row 3: walk-slow; row 4: flop-beanbag
E2-E4: Any careful try counts. Every picture can go in the box. Any answer is right for the child's own ways.
D1: sam tired = yawn; rub-eyes = rub eyes; sleep-bed = sleep; sam calm corner = rest; sam drink water = water
D2: 1. yawns; 2. sleeps; 3. loud; 4. water
D3: 1. Sam has a busy day; 2. Sam feels tired; 3. Sam rests in a quiet spot
D4: 1. thumbs up (true); 2. thumbs down (not true); 3. thumbs up (true); 4. thumbs down (not true)
A1-A4: The child's own answers are all right. Suggestions:

Tips for grown-ups

- Many autistic and ADHD kids get tired from sensory and social input, not only from activity. A loud day counts.
- Tired makes every other feeling bigger. Check sleep, food and water before deciding a child is "being difficult".
- Rest is a need, not a reward. Allow rest without requiring it to be earned.
- Offer quiet, low-demand activities after school before homework or questions.
- Keep a simple bedtime visual routine and dim screens and lights before sleep.
- Name your own tired: "I feel tired. I am going to sit quietly for ten minutes."