Level 1 · Emerging

Name: _____

My Weekend Routine

1 Circle the picture that matches the word.

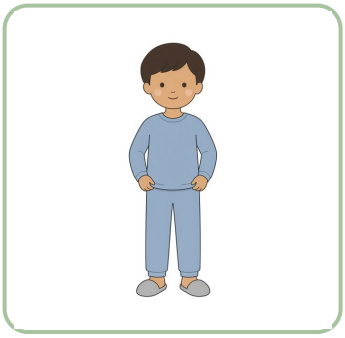
Wake up slowly



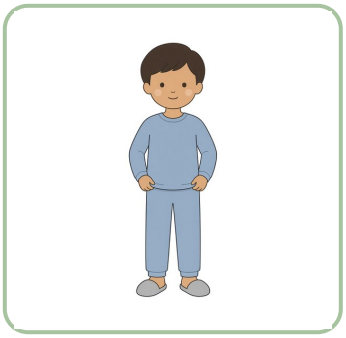


Go to the park





Get ready for bed





Level 1 · Emerging

Name: _____

My Weekend Routine

2 Trace the words.



wake up slowly



go to the park



get ready for bed

3 Cut and glue. What comes first, next, last?

1 First

2 Next

3 Last

✂ Cut on the dashed lines.







Level 2 · Developing

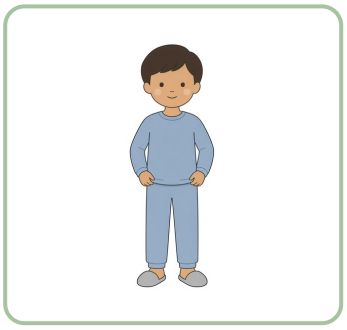
Name: _____

My Weekend Routine

1 Number the pictures in order. Write 1 to 7.


☐


☐


☐


☐

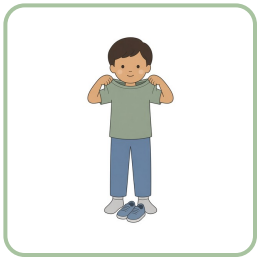

☐


☐


☐

2 What comes next? Circle the picture.


→ ?






→ ?





Level 2 · Developing

Name: _____

My Weekend Routine

3 Match the picture to the word. Draw a line.



- Wake up slowly



- Quiet time



- Eat breakfast



- Family time

4 Fill in the missing word.

Word bank: go · eat · get

I _____ dressed.

I _____ to the park.

I _____ my breakfast.

Level 3 · Applying

Name: _____

My Weekend Routine

1 My weekend routine. Draw or write 4 steps.

1

_____

2

_____

3

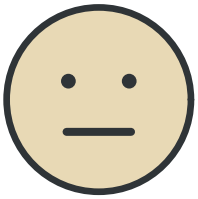
_____

4

_____

2 How did my weekend feel? Circle one.

 Easy

 OK

 Hard

Level 3 · Applying

Name: _____

My Weekend Routine

3 What do I do if...? Circle a good idea.

The plan changes.



Take a deep breath



Look at my schedule

I can: _____

The park is too loud.



Put on ear defenders



Ask for help

I can: _____

4 My weekend checklist. Tick each step.



Wake up slowly ☐



Quiet time ☐



Eat breakfast ☐



Family time ☐



Get dressed ☐



Get ready for bed ☐



Go to the park ☐

Answers & tips for grown-ups

Answers

- Level 1, part 1 (circle): Wake up slowly; Go to the park; Get ready for bed.
- Level 1, part 3 (cut and glue): 1 wake up slowly, 2 go to the park, 3 get ready for bed.
- Level 2, part 1 (number), left to right: 5, 1, 7, 3 / 6, 2, 4.
- Level 2, part 2 (what comes next): get dressed; family time.
- Level 2, part 3 (match): breakfast - Eat breakfast, board game - Family time, bed - Wake up slowly, puzzle - Quiet time.
- Level 2, part 4 (fill in): get, go, eat.
- Level 3: there are no wrong answers. Praise any safe, calm idea.

Tips

- Pick one level. Start with the easiest one, and stop while it is still fun.
- Read every word aloud. Point to each picture as you say it.
- Give extra time. Wait quietly before you help.
- Cutting and gluing can be done hand-over-hand or by a grown-up.
- Your child's real routine matters most. Change the order to match your home.
- Use the H5P games and audio on autistichub.com for more practice.