My schedule is going to be different.

I can use my choice board to pick activities that are fun and relaxing.

Soon I will be able to go back to regular schedule.
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<table>
<thead>
<tr>
<th>Choice Board</th>
<th>Watch video</th>
<th>Laydown</th>
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</thead>
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<td>iPad</td>
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<tr>
<td>Drink</td>
<td>Play a game</td>
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<tr>
<td>Snack</td>
<td>Deep breathing</td>
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<tr>
<td>Art</td>
<td></td>
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</tbody>
</table>
I want...
Ways to stay Healthy

Cover your cough or sneeze with your elbow

Give friends personal space—allowing space between me and my friends is a good idea.

Only eat food or drinks that are yours.

Use fist bumps and elbow bumps for greetings

Wash hands frequently and don’t touch your face
What is Social is Distancing

Social Distancing describes things we can do to keep healthy.
Some of the ways we can keep our self and others healthy are;

- Cover your nose and mouth with the inside of your elbow if you must sneeze or cough.
- Give personal space between you and other people of at least 6 feet.
- Only eat food or drinks that are yours.
- Use fist bumps or elbow bumps to greet people.
- Wash your hands with soap and warm water or germ gel often.
- Avoid touching your eyes, nose or mouth.

Following these suggestions will help keep everyone healthy.
<table>
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<tr>
<th>Morning Routine</th>
<th>Exercise</th>
<th>Choice Time</th>
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<tr>
<td>Work Time</td>
<td>Lunch Time</td>
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<td>Dinner Time</td>
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<tr>
<td>Choice Time</td>
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</tr>
</tbody>
</table>

- Morning Routine: Activities to start the day.
- Exercise: Daily physical activity.
- Choice Time: Flexible options for the day.
- Work Time: Time dedicated to work-related activities.
- Lunch Time: Time for a meal.
- Chore Time: Time for household chores.
- Dinner Time: Time for dinner.
- Night Routine: Activities before bedtime.
- Breakfast Time: Time for breakfast.
- Choice Time: Additional flexible options for the day.