What Can I Do While I Wait?

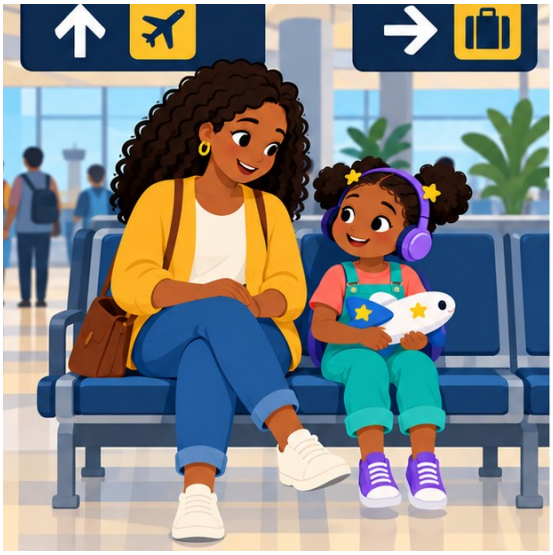
Point to something you would like to do. Your grown-up can help you choose.



Color a picture



Look at my plan



Rest with my grown-up



Look at the airplanes

First... Then...

Draw a picture in each box. A grown-up can help you make a plan for right now.

FIRST

THEN

Plans can change. Your grown-up can show you the next step.

My Waiting Kit

Draw or write three things that help you while you wait.

Something I like to hold

Something I like to do

Something that helps me feel comfortable