



WAITING

Sometimes I have to wait for my friends to finish before I get to move to the next activity.

To wait means to stay in my desk and stay quiet until it is time for the activity.

Waiting can be hard for me and even a few minutes can feel like a long time. Waiting is boring and it is hard for me to stay calm. Sometimes I talk out loud and it makes it hard for my friends to do their work.

I can keep myself busy while I wait. I can read, draw, color, or choose a fidget. Keeping myself busy will help the time go by a little faster, help my body stay calm and help me stay quiet.

If I am feeling upset, I can tell my teacher and ask for a break.

Waiting quietly is a very important skill. My teacher and friends are happy when I wait quietly and do not disturb the class.