

My Good Day Plan

Good Day

What happens on a Good Day?

- ❖ breakfast at home
- ❖ listen to music in shower
- ❖ be with friends at bus stop
- ❖ seating alone on bus/being able to stare out window
- ❖ to have all materials
- ❖ positive contact with principals
- ❖ to have my water/drink mixes and good lunch
- ❖ to avoid people I don't get along with

Now

Does it happen now?

- ❖ once in a blue moon
- ❖ always
- ❖ mostly
- ❖ sometimes
- ❖ almost always
- ❖ just about every day
- ❖ half the time
- ❖ sometimes

Action

What needs to happen to make it a Good Day?

- ❖ ask for and save breakfast foods
- ❖ same
- ❖ listen to music if friends aren't there
- ❖ get a one person per seat
- ❖ get all things together the night before
- ❖ see one every day
- ❖ get water the night before and eat something I like
- ❖ not get near them