Quiet Learning Choices

Below Pre-K-Kindergarten | Sensory-friendly | Low energy

Learner: _____ Date: _____

Choose one calm activity. Point, circle, sign, speak, or use AAC.

LOOK AT A BOOK	**BUILD WITH BLOCKS**
SORT SAFE OBJECTS	**DRAW OR COLOR**
LISTEN TO MUSIC	**REST WITH A TOY**
DO A PUZZLE	**HELP WITH A ROUTINE**

I choose: _____ I want help: YES / NO

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