

QUIET TIME MENU

PICK ONE AND START. WHEN THE TIMER ENDS, YOU CAN PICK AGAIN.

1) **ACTIVITY TRAY**

CHOOSE ONE TRAY AND FINISH IT. PUT PIECES BACK WHEN DONE.

2) **BUILD SOMETHING**

LEGO, BLOCKS, OR MAGNET TILES. BUILD: A BRIDGE, A HOUSE OR A VEHICLE.

3) **PUZZLE TIME**

DO ONE PUZZLE (OR SET A 10-MINUTE TIMER AND DO WHAT YOU CAN).

4) **ART PROMPT**

DRAW: A MENU, A PET SHOP, A DREAM ROOM OR A NEW SUPERHERO.

5) **STICKER / SORTING**

STICKERS, COLOR SORTING, SOCK MATCHING OR BUTTON SORTING.

6) **BOOK OR AUDIO STORY**

READ ON YOUR OWN OR LISTEN TO AN AUDIO STORY WHILE YOU COLOR.

QUIET TIME RULES (simple):

- Quiet bodies, kind hands
- One activity at a time
- When you're finished, put it back
- If you need help, come and tap my arm once

DONE SPOT:

Put finished items here: _____

TIMER:

We'll start with 10 minutes today. (Then 15, then 20.)