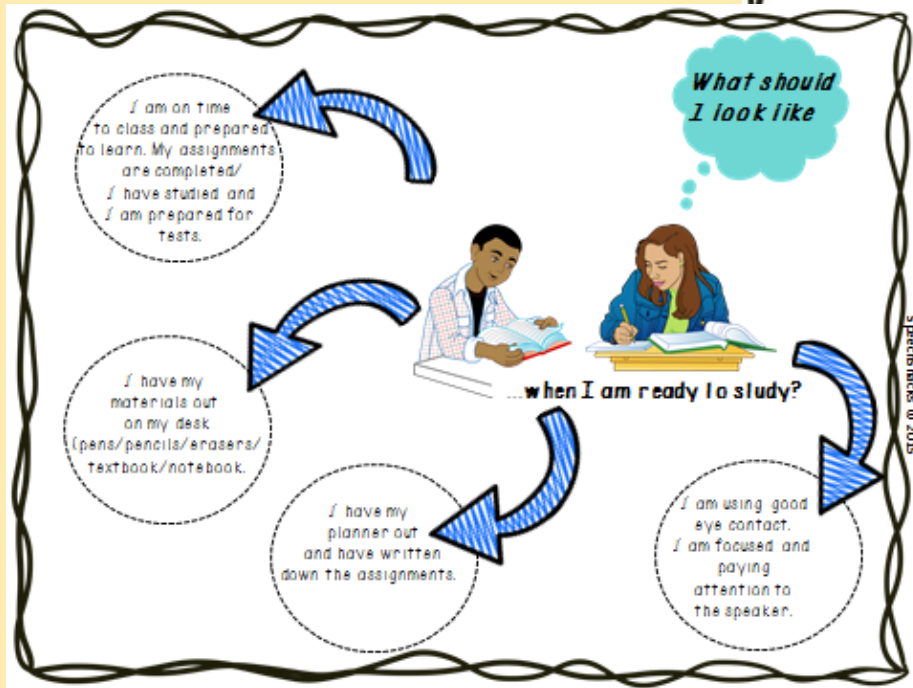
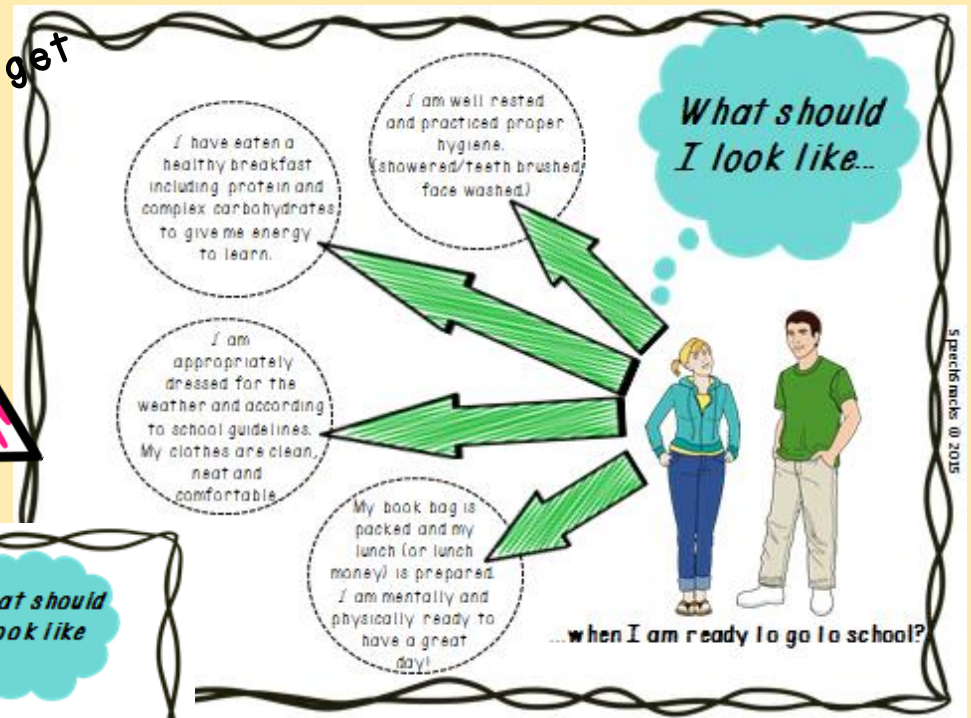
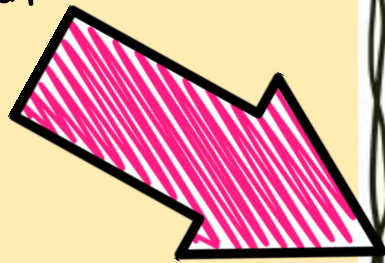
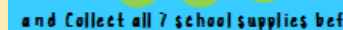





"What should I look like?" posters:
Two posters with helpful reminders for preparing to get ready for school and get ready to learn.





www.speechsnacks.com

(time management)	(time management)	(time management)
 <p>work gets alarm or other at home to you are plan</p>	 <p>What can you do to help you remember all the school and extra activities going on each month? TIP: Use a large desk calendar to keep track of long-term assignments, due dates, chores, and extra curricular activities</p>	 <p>What is the best way to get a big project done on time? TIP: Don't wait until the night before to start a project.</p>

36 executive time
with tips for time
managing

With remembering
planning & o

remembering details

www.apcothamacks.com
(planning/organizing)
 How can you organize your school supplies so that you can easily keep track of everything?
 TIP: Color code and label notebooks, folders, containers, shelves so that you can find them easily.
www.apcothamacks.com
(remembering details)



Passers
your
book.
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locate the correct
materials for class and
home.
www.spoothanacia.com

Talk about the details from vacation you went on, a place you visited or something fun you did this summer.

www.spoothanacia.com

 <p>"Peck" your mind with the tools for success!</p>	 <p>I will use the "highlighter" of your day</p>	 <p>"Stick" with it and always try</p>
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Why Tortilla Wrap

Whole bread for something different. A whole wheat tortilla is great for making all sorts of sandwiches. For add-ons, to hold when cut in halves or thirds. (omit cheese and substitute whole wheat SO diet)

Wheat wraps are high in fiber and can be found in almost every grocery store.

But get the biggest nutritional bang for your buck by spreading on some delicious stuff. (made with chick peas, tahini (sesame seeds) garlic and canola oil.

Remember that by allowing them to participate in the process a little importance of good nutrition. You can do this the night before if you

fresh in the fridge. Just wait in wax paper.

1. Lunch meat is OK if you buy the right stuff. Look for brands that are Nitrate Free. Canned tuna is a better choice. You can also use the leftover chicken from last night's dinner. Add shredded carrots, cucumber slices, romaine lettuce, sunflower seeds and a dash of olive oil.

2. Layer a slice of cheese, romaine lettuce, sliced carrots, cucumber, tomatoes and whatever other veggies you like. Roll up the wrap or it will be too loose. Roll up the contents of the wrap in wax paper, tightly roll in wax paper around the whole roll. This will keep your food safe at the picnic.

3. Slice the roll into 1/2 inch slices (skip the iceberg lettuce—it has very little nutritional value), chop the tomatoes and enjoy or be willing to try shredded carrots, cucumbers, peppers. Be sure to roll up and even in cooler to try and eat. Storing at one end of the roll will keep the roll from getting soggy. Using a general rule of thumb, it's time for lunch. Always use an insulated cooler and add an ice pack.

****find the cool step by step photos and other back**

(remembering details)	visiting the	page at www.speechsnacks.com	
<p>Do you know what a mnemonic device is??</p> <p>TIP: When you associate familiar words, phrases, or songs with terms you are struggling to remember, it helps you recall information more easily. (i.e. "ROY G. BIV" for the colors of the rainbow)</p> <p>www.speechsnacks.com</p>	<p>organizing (web)</p> <p>to you a better visual for remembering details.</p> <p>www.speechsnacks.com</p>		
(remembering details)	(remembering details)	(remembering details)	

SpeechSnacks Signature recipe Card
For Back To School
Lunch Ideas!

36 executive functioning strategy cards
with tips for time management,
remembering details
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