



**1**  
set a  
schedule

**2**  
normalize  
school  
again

**3**  
teach  
feelings

**8**  
meet  
obstacles  
with  
compassion

EASING INTO  
THE SCHOOL  
ROUTINE

**4**  
practice  
calmness

**7**  
use  
social  
stories

**6**  
inform  
teachers

**5**  
work with  
staff

