



New Routines with COVID-19

# How to use this book



This reader has been made to help teens and adults with developmental disability to understand and cope with the changes to their daily routines as a result of the COVID-19 pandemic.

You can print this reader so that you can share it as a hardcopy book or you can view it together as a slide show on a computer or tablet.

It can be saved as a PDF and opened in iBooks on an iPad or iPhone.

If the person you support has an AAC system, please use it to model key language in the reader. You can also use their AAC system to model making comments about each page. Modelling in this way will help you to support their understanding and help them to engage with the reader.

Remember to provide pause time so they can also make comments, ask questions and process the information. If the person does not have an AAC system yet, you can download and print a free core vocabulary board from [Project Core here](#).



Coronavirus, or COVID-19, is making lots of people sick.



To stop lots more people getting sick everyone has to stay home as much as possible.



Staying home all the time is a big change for most people.





Change can be difficult sometimes. It can make us have big, uncomfortable feelings.



There are things we can do to help us feel more calm, more relaxed and happy.



Waking up at the same time each day can help us feel calm because every day begins in the same way.





Sticking to a good routine every day can help us feel happy because we know what to expect.



A good routine will make sure that we get enough rest and sleep.



A good routine will make sure that we eat enough healthy foods.





A good routine will make sure that we drink lots of water.



A good routine will make sure that we have time to get our bodies moving.





A good routine will make sure that we have time outside in nature.



A good routine will make sure that we have time to relax.



A good routine will make sure that we have time to be with the people we miss in different ways.




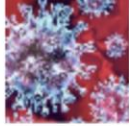


A good routine will make sure there is time for us to make real choices about our day.







Choosing activities for our new routine can help us feel calm and more in control.





    
Today is Wednesday coronavirus lockdown

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read books with mum

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lunch toasted sandwich

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watch Youtube

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trampoline

A visual schedule can help us remember our new routine or our plan for the day.



A good routine will make sure there is time for us to make plans and talk about those plans with others.





Making a plan of fun things we can still do will give us things to look forward to.



A good routine will make sure there is time for us to talk about how we are feeling.



When we tell someone how we feel, we can get help to feel better.





Remember, you are not alone.



This will not last forever and things will get better.



This reader was created by Laura Jones for Developmental Disability WA in association with Microboards Australia using purchased images from iStock, Shutterstock, free to download images from Pexels and images created for other DDWA projects. Please feel free to adapt this reader to better meet the specific needs of different individuals with developmental disability.

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