

Study Skills Planner

Whole Body Approaches

Singing	Headphones on for quiet	Air tracing
Chanting	Headphones on for music	Paper folding
Walking	Something nice to feel	Exercise
Tapping / Finger counting	Something nice to smell	Yoga / mindfulness

Visual Approaches

Road map	Social Stories	Flowchart
Charts	Pictograms	Learning Key Things
Graphs	Post-it notes	Timer
	Highlighter pens	Whiteboard

Digital Approaches

iPad	Homework app	Intelligent virtual assistant	Online video platform
iPhone	Planning app	Smart home app	Search engine

