



# Homework Plan Visual Guide for Children

This guide gently explores the moments that help children ease into homework time — how soft setups, calm breaks, and familiar tools can support invisible needs with steady hearts, quiet focus, and small sparks of confidence.

With soft colours, friendly icons, and clear language, each panel supports emotional regulation, sensory safety, and the gentle rhythm of trying, pausing, and finishing.

If homework sometimes feels busy, uncertain, or a little overwhelming, this guide is here to make things feel more manageable — **one calm panel at a time.**

## Questions You Might Have

### What's inside a Homework Plan?

A Homework Plan breaks homework into soft, steady steps — setting up, noticing your body, working in short bursts, taking calm breaks, and finishing with pride. Each part helps things feel predictable and manageable.

### How can I make my workspace feel cosy?

A simple setup helps. You might choose a quiet spot, gather your things, or have a drink or snack nearby. Small steps make starting feel softer and safer.

### Why does finishing a task feel different?

Finishing — big or small — can make your body feel lighter or calmer. Noticing your effort helps build confidence and makes homework time feel more positive.

## What's Inside a Homework Plan



A sensory-safe guide to starting, trying, and taking calm breaks.

## Noticing Your Body



Notice how your body feels to choose a calm, gentle place to start.

## Getting Set Up



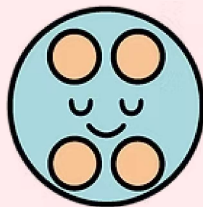
A simple setup helps things feel easier and makes starting feel softer.

## Gentle Work & Breaks



Work in short bursts with calm breaks to help your brain stay steady.

## Comfort & Focus Tools



Comfort tools such as a soft toy or a fidget help you feel safe and settled.

## Finishing & Feeling Proud



Finishing a task can feel bright and calming — pause and feel proud.