

Min dagbok och planeringsbok



Skönt

att



planera



så



jag kan



känna



mig



trygg



i



vad

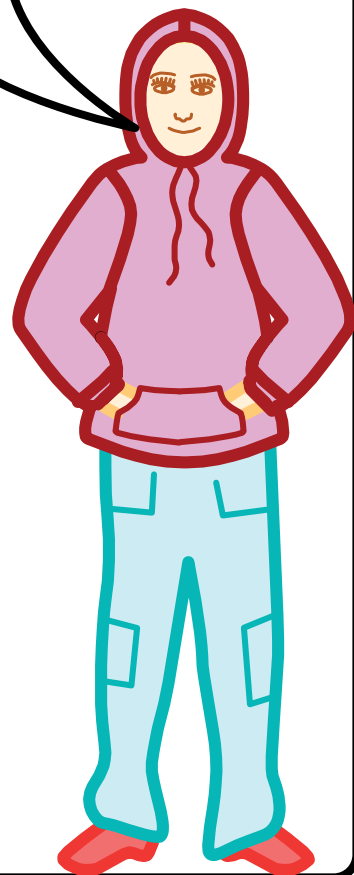
som

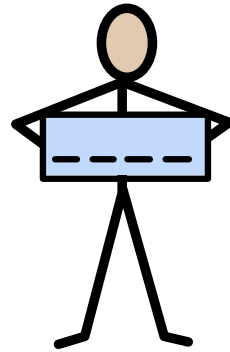
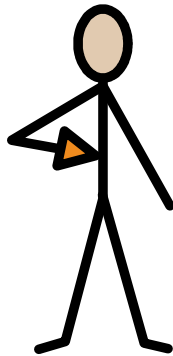


ska

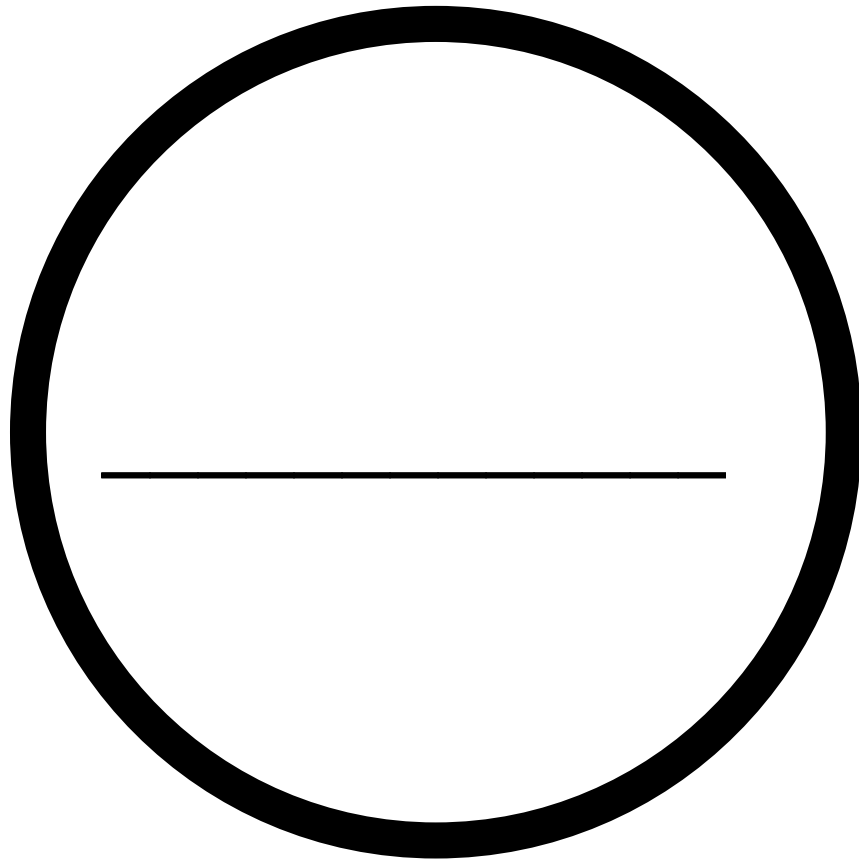


hända





Jag heter





Information



om



mig



Diagnoser



Skola

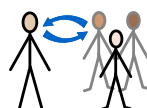
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Mina



närmaste



kontakter



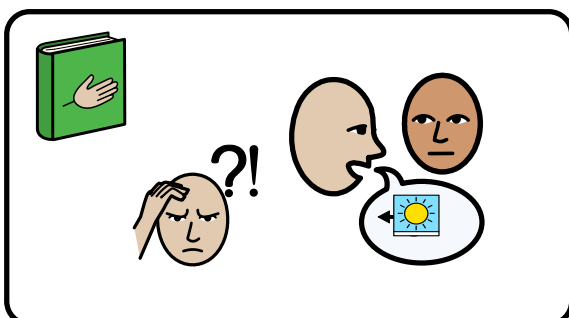
Information



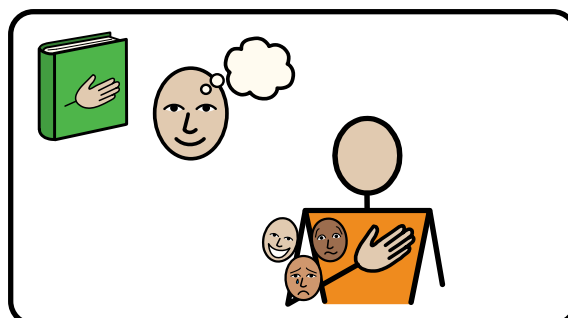
om



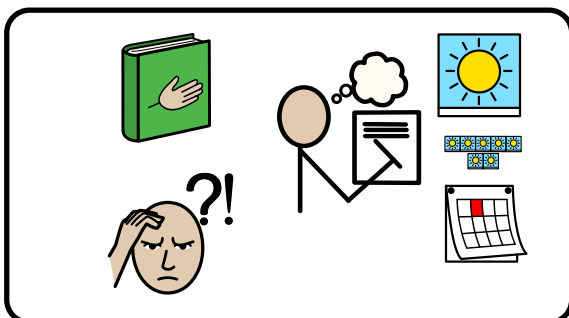
boken



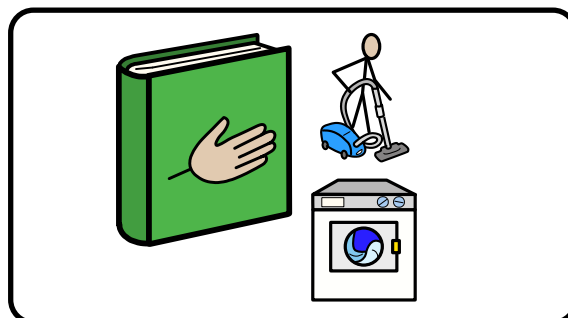
Denna bok är ett hjälpmedel för dig som har svårt att berätta hur din dag har varit.



Boken kan också hjälpa dig att uttrycka vad du känner och tänker.



Boken kan kan till och med hjälpa dig att kunna planera din dag, vecka och månad.



Även att städa tvätta kan denna bok hjälpa dig med.



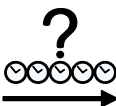
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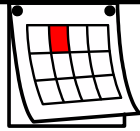


Om du är orolig men inte hittar orden,

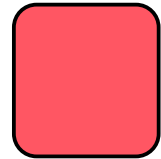
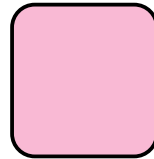
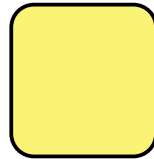
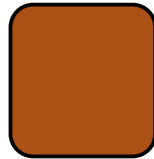
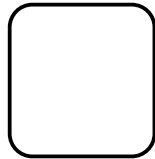
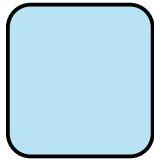
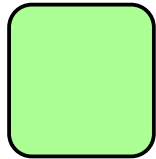
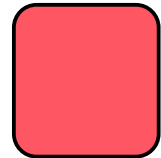
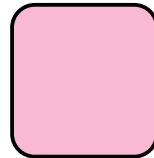
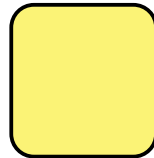
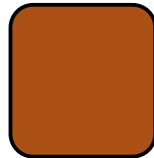
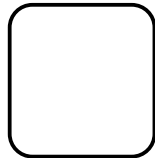
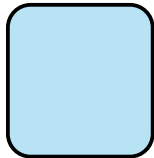
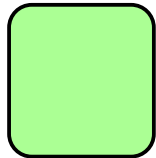
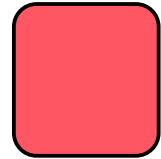
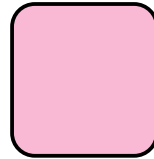
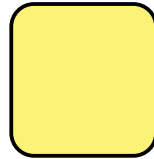
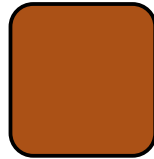
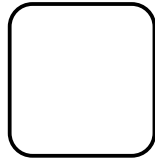
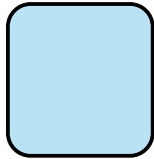
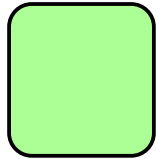
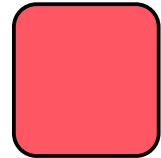
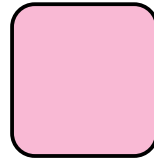
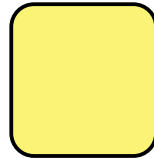
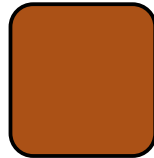
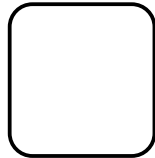
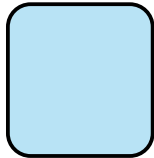
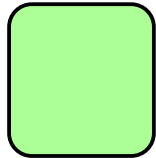
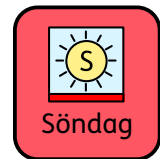
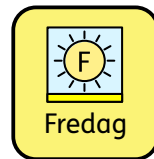
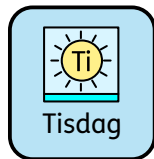


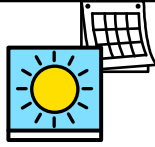
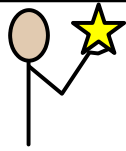
så kan detta hjälpa dig:

	Vad ska hända? Vad händer nu?
	När ska det hända? När ska vi dit?
	Vart är det någonstans? Vart ska vi?
	Vem kan hjälpa mig? Vem är med mig?
	Hur ska vi göra? Hur ska jag göra?
	Hur länge håller det på? Ta en timer på hur lång tid det är kvar.
	Vad händer efter det här? Vad ska vi göra efter?

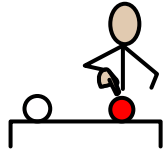


Månad: _____





Viktiga datum att göra



denna månad



Datum



Dag:



Datum



Dag:



Datum



Dag:



Datum



Dag:



Datum



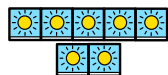
Dag:



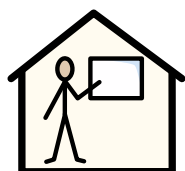
Datum



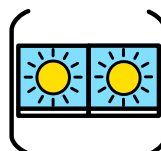
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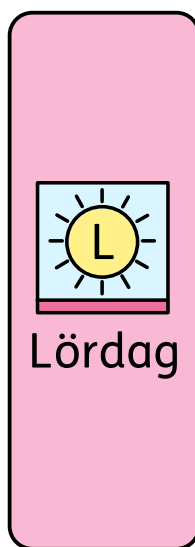
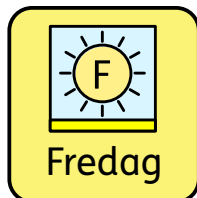
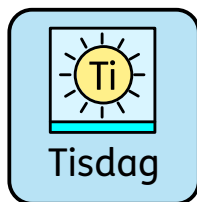
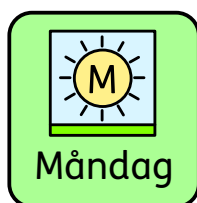
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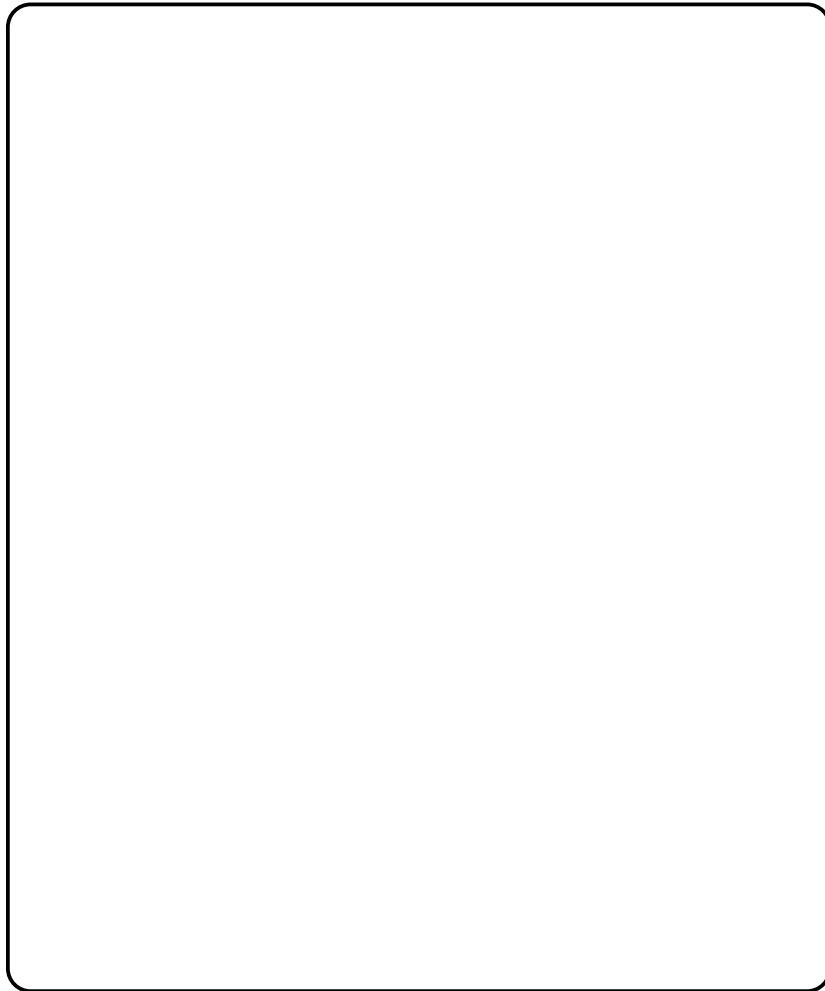


Skola

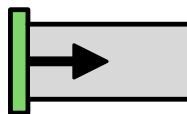


Helg

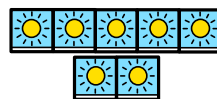




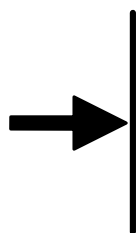
Nu



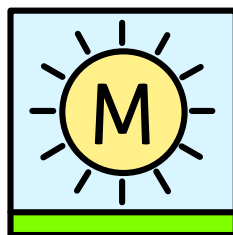
börjar



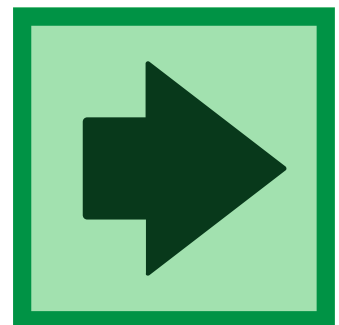
veckan

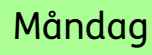


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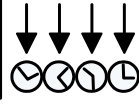


Måndag



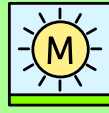


Måndag



Morgonrutiner

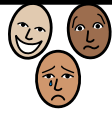
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Måndag



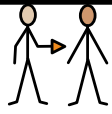
Vilka



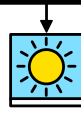
känslor



har



du



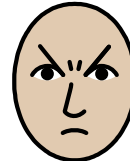
idag?



Glad



Ledsen



Arg



Oro



Rädd



Trött



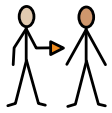
Vilka



tankar



har



du

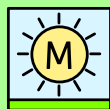


just nu?

Jag tänker på:



Exempel:



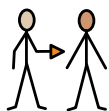
Måndag



Vad



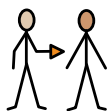
ska



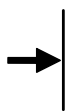
du



ta med



dig



till

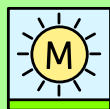


skolan?



Packningslista

 Packningslista	



Måndag



Under tiden



i skolan



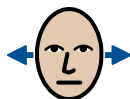
Går



lektionerna



bra?



Vilka



lektioner



funkar



idag



Vilka



lektioner

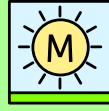
funkar



inte



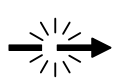
idag



Måndag



Vad



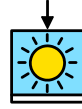
händer



efter



skolan



idag?



Fritids



Träffa



kompisar



Möten



Kurs



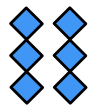
Aktivitet



Eget



Hitta



samma



bild



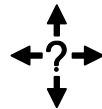
om



uppe,



och



sätt



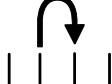
den



sedan



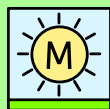
på



nästa



sida

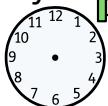


Måndag

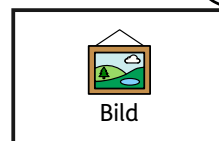
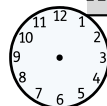

Tid


Plats

Börjar



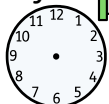
Slutar



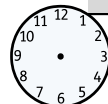

Tid


Plats

Börjar



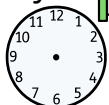
Slutar



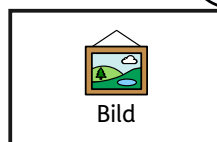

Tid


Plats

Börjar



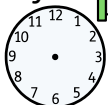
Slutar



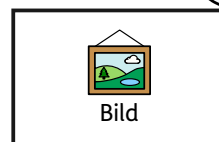
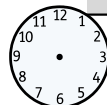

Tid

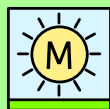

Plats

Börjar



Slutar





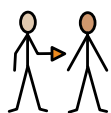
Måndag



Nu

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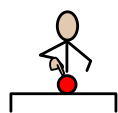
är



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hemma,



vad



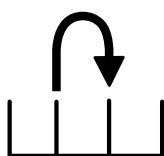
händer



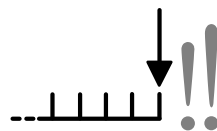
då?



Nu



Nästa



Sist



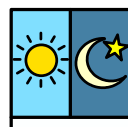
Mat



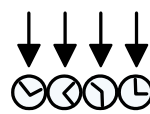
Egen



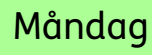
tid



Kvälls



rutiner



Måndag

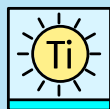


Kvälls

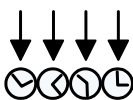


rutiner

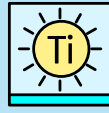
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Tisdag



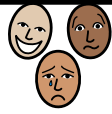
Morgonrutiner



Tisdag



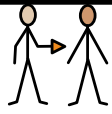
Vilka



känslor



har



du



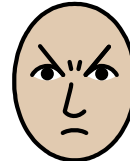
idag?



Glad



Ledsen



Arg



Oro



Rädd



Trött



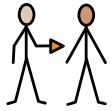
Vilka



tankar



har



du

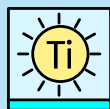


just nu?

Jag tänker på:



Exempel:



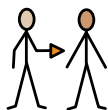
Tisdag



Vad



ska



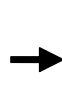
du



ta med



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till

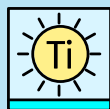


skolan?



Packningslista

 Packningslista	



Tisdag



Under tiden



i skolan



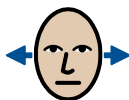
Går



lektionerna



bra?



Vilka



lektioner



funkar

idag



Vilka



lektioner

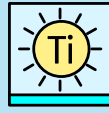
funkar



inte



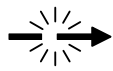
idag



Tisdag



Vad



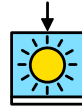
händer



efter



skolan



idag?



Fritids



Träffa



kompisar



Möten



Kurs



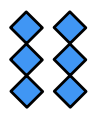
Aktivitet



Eget



Hitta



samma



bild



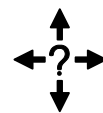
om



uppe,



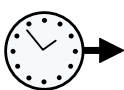
och



sätt



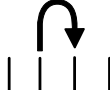
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sedan



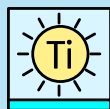
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nästa



sida

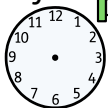


Tisdag

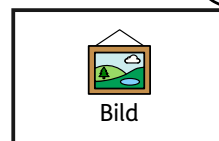
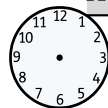

Tid


Plats

Börjar



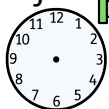
Slutar



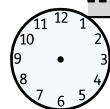

Tid


Plats

Börjar



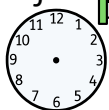
Slutar



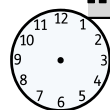

Tid


Plats

Börjar



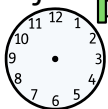
Slutar



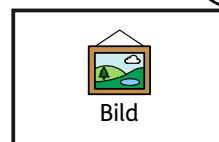
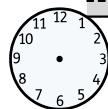

Tid

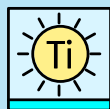

Plats

Börjar



Slutar





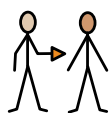
Tisdag



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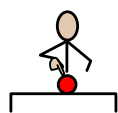
är



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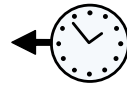
hemma,



vad



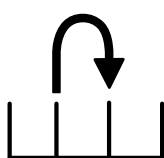
händer



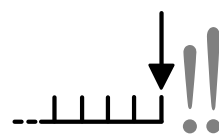
då?



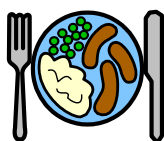
Nu



Nästa



Sist



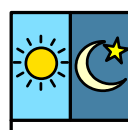
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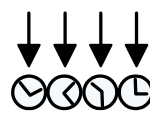
Egen



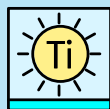
tid



Kvälls



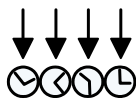
rutiner



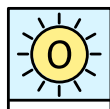
Tisdag



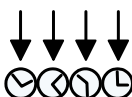
Kvälls



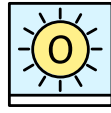
rutiner



Onsdag



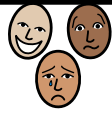
Morgonrutiner



Onsdag



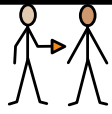
Vilka



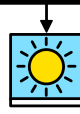
känslor



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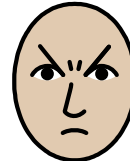
idag?



Glad



Ledsen



Arg



Oro



Rädd



Trött



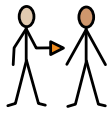
Vilka



tankar



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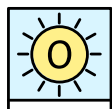


just nu?

Jag tänker på:



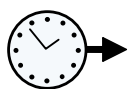
Exempel:



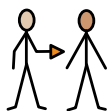
Onsdag



Vad



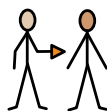
ska



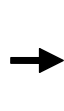
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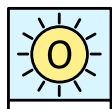


skolan?



Packningslista

Packningslista	



Onsdag



Under tiden



i skolan



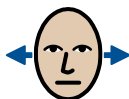
Går



lektionerna



bra?



Vilka



lektioner



funkar



idag



Vilka



lektioner

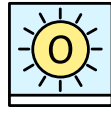
funkar



inte



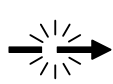
idag



Onsdag



Vad



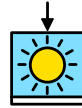
händer



efter



skolan



idag?



Fritids



Träffa



kompisar



Möten



Kurs



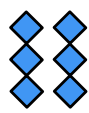
Aktivitet



Eget



Hitta



samma



bild



om



uppe,



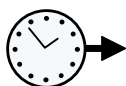
och



sätt



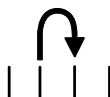
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sedan



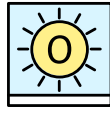
på



nästa



sida



Onsdag

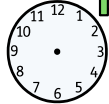


Tid

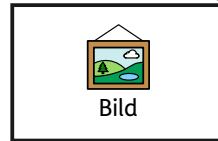
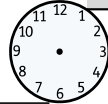


Plats

Börjar



Slutar



Bild

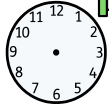


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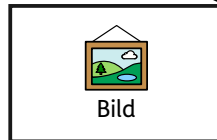
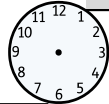


Plats

Börjar



Slutar



Bild

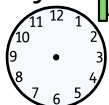


Tid

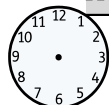


Plats

Börjar



Slutar



Bild

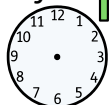


Tid

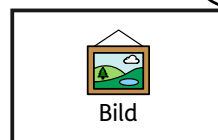
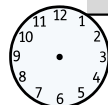


Plats

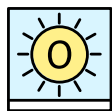
Börjar



Slutar



Bild



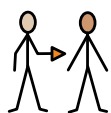
Onsdag



Nu



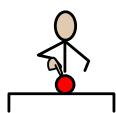
är



du



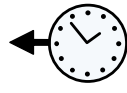
hemma,



vad



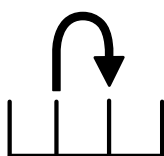
händer



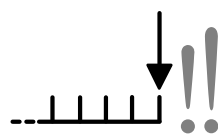
då?



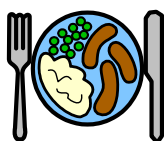
Nu



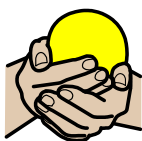
Nästa



Sist



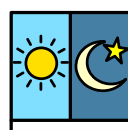
Mat



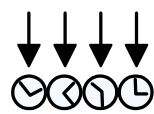
Egen



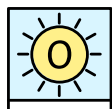
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Kvälls



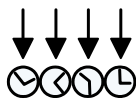
rutiner



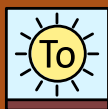
Onsdag



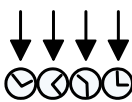
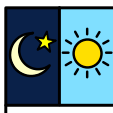
Kvälls



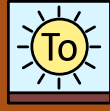
rutiner



Torsdag



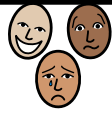
Morgonrutiner



Torsdag



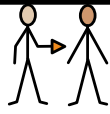
Vilka



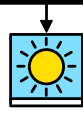
känslor



har



du



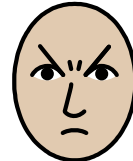
idag?



Glad



Ledsen



Arg



Oro



Rädd



Trött



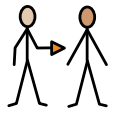
Vilka



tankar



har



du



just nu?

Jag tänker på:



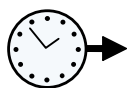
Exempel:



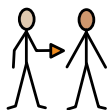
Torsdag



Vad



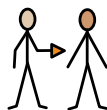
ska



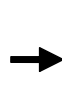
du



ta med



dig



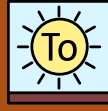
till



skolan?



Packningslista



Torsdag



Under tiden



i skolan



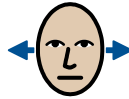
Går



lektionerna



bra?



Vilka



lektioner

funkar



idag



Vilka



lektioner

funkar



inte



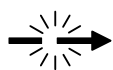
idag



Torsdag



Vad



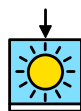
händer



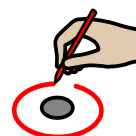
efter



skolan



idag?



Fritids



Träffa



kompisar



Möten



Kurs



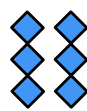
Aktivitet



Eget



Hitta



samma



bild



om



uppe,



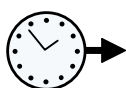
och



sätt



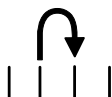
den



sedan



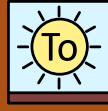
på



nästa



sida

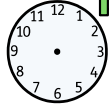


Torsdag

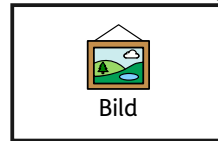
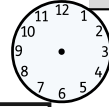

Tid


Plats

Börjar



Slutar

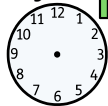


Bild

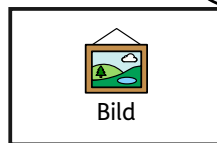
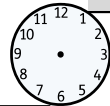

Tid


Plats

Börjar



Slutar

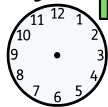


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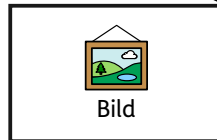
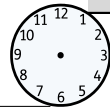

Tid


Plats

Börjar



Slutar

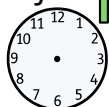


Bild

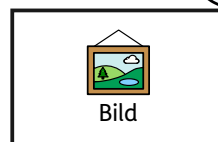
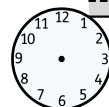

Tid


Plats

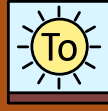
Börjar



Slutar



Bild



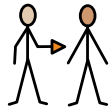
Torsdag



Nu

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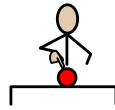
är



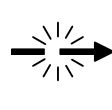
du



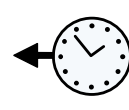
hemma,



vad



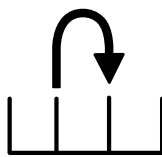
händer



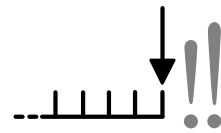
då?



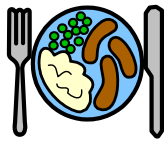
Nu



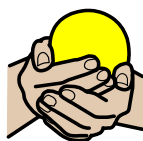
Nästa



Sist



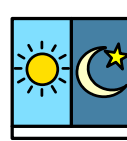
Mat



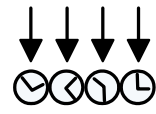
Egen



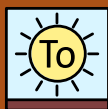
tid



Kvälls



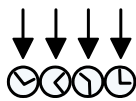
rutiner



Torsdag

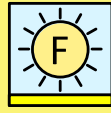


Kvälls



rutiner

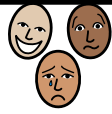
[illegible]



Fredag



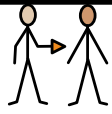
Vilka



känslor



har



du



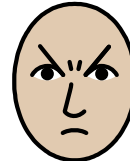
idag?



Glad



Ledsen



Arg



Oro



Rädd



Trött



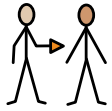
Vilka



tankar



har



du

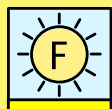


just nu?

Jag tänker på:



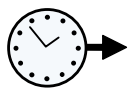
Exempel:



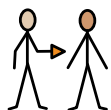
Fredag



Vad



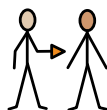
ska



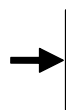
du



ta med



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till

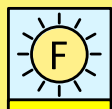


skolan?



Packningslista

Packing list	



Fredag



Under tiden



i skolan



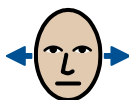
Går



lektionerna



bra?



Vilka



lektioner



funkar



idag



Vilka



lektioner

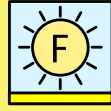
funkar



inte



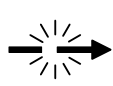
idag



Fredag



Vad



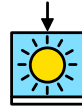
händer



efter



skolan



idag?



Fritids



Träffa



kompisar



Möten



Kurs



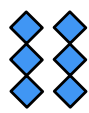
Aktivitet



Eget



Hitta



samma



bild



om



uppe,



och



sätt



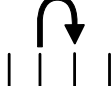
den



sedan



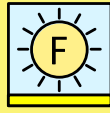
på



nästa



sida

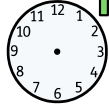


Fredag

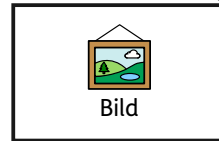
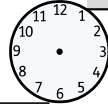

Tid


Plats

Börjar



Slutar

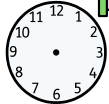


Bild

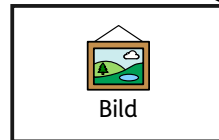
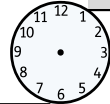

Tid


Plats

Börjar



Slutar

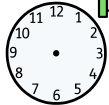


Bild

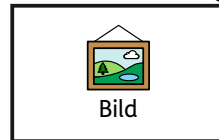
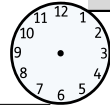

Tid


Plats

Börjar



Slutar

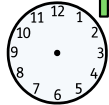


Bild

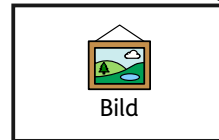
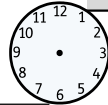

Tid


Plats

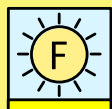
Börjar



Slutar



Bild



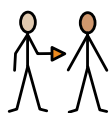
Fredag



Nu

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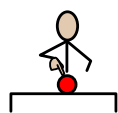
är



du



hemma,



vad



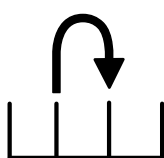
händer



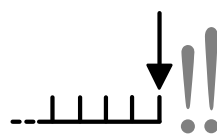
då?



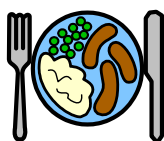
Nu



Nästa



Sist



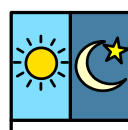
Mat



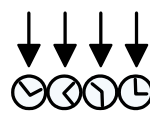
Egen



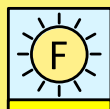
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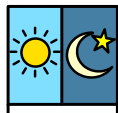
Kvälls



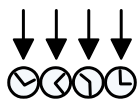
rutiner



Fredag



Kvälls



rutiner



Vill



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göra någon



aktivitet



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helgen?

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Om



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Vad



vill



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göra

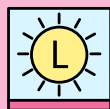


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helgen?

[illegible]



Lördag



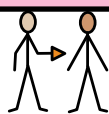
Vilka



känslor



har



du



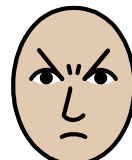
idag?



Glad



Ledsen



Arg



Oro



Rädd



Trött



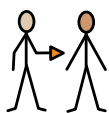
Vilka



tankar



har



du

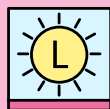


just nu?

Jag tänker på:



Exempel:

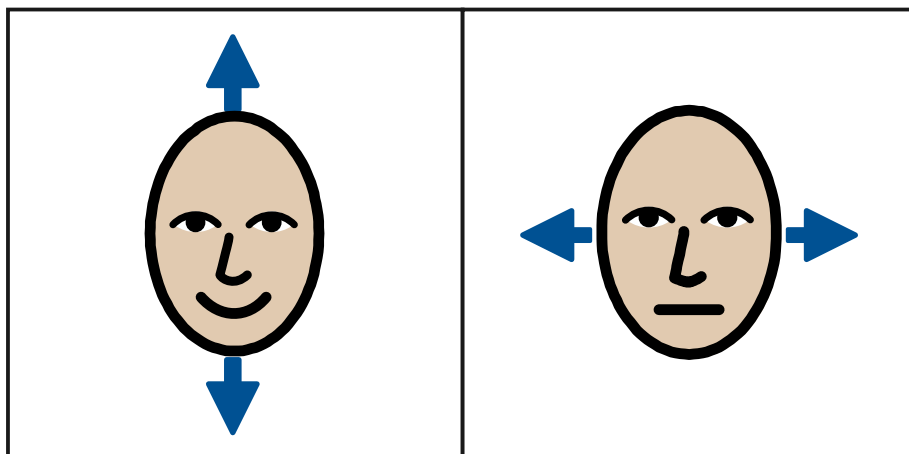


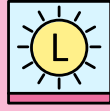
Lördag

... du hade planerat något idag, känner

du att du fortfarande vill och orkar


det?

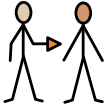




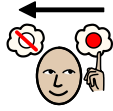
Lördag

...

Om



du



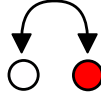
valt



egen



tid



eller



aktivitet

!

så



sätter



du

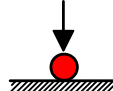
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av

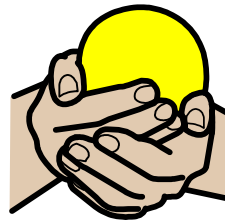


lapparna



här

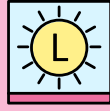
Aktivitet



Egen



tid



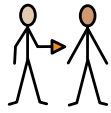
Lördag



Nu

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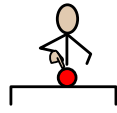
är



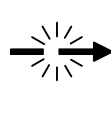
du



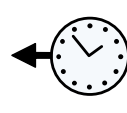
hemma,



vad



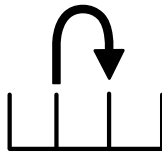
händer



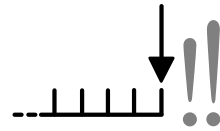
då?



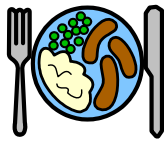
Nu



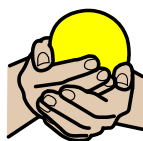
Nästa



Sist



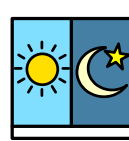
Mat



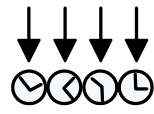
Egen



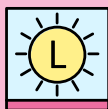
tid



Kvälls



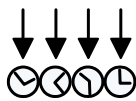
rutiner



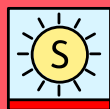
Lördag



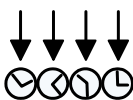
Kvälls



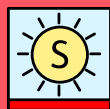
rutiner



Söndag



Morgonrutiner



Söndag



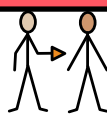
Vilka



känslor



har



du



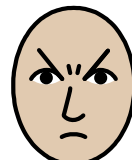
idag?



Glad



Ledsen



Arg



Oro



Rädd



Trött



Vilka



tankar



har



du

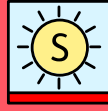


just nu?

Jag tänker på:



Exempel:

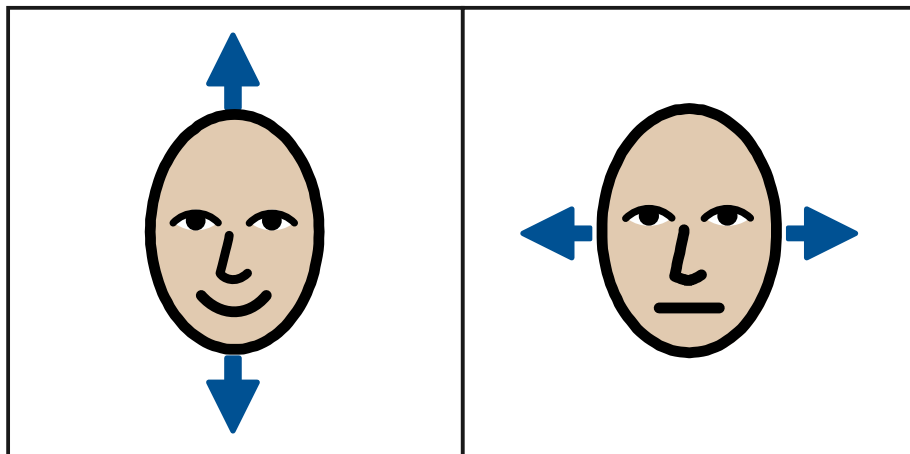


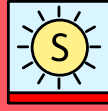
Söndag

... du hade planerat något idag, känner

du att du fortfarande vill och orkar


det?

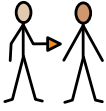




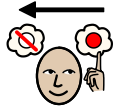
Söndag



Om



du



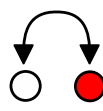
valt



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eller



aktivitet



så



sätter



du

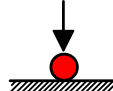
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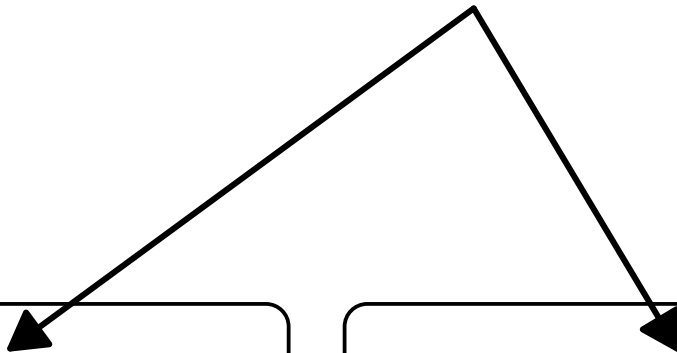
av



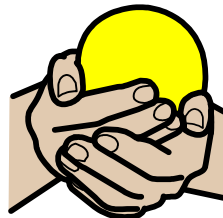
lapparna



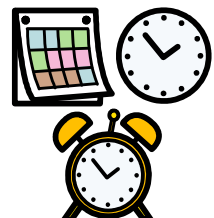
här



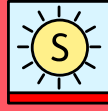
Aktivitet



Egen



tid



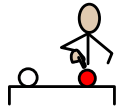
Söndag



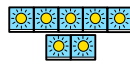
Hur



har



denna



vecka



varit?



Vad



har varit



bra?



Vad



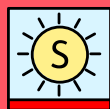
har inte



varit



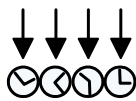
bra?



Söndag



Kvälls

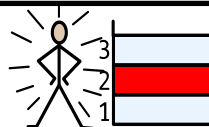


rutiner



Extra material

Energivå



Ger



energi

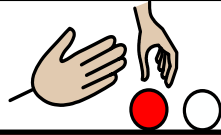


Tar



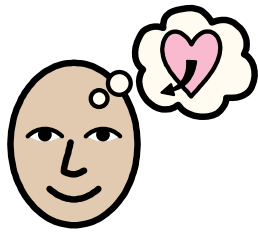
energi

Hjälp-val



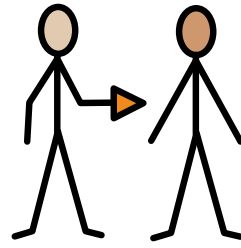
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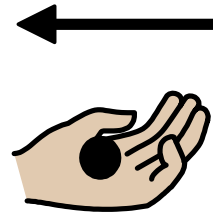


Hoppas

att



du

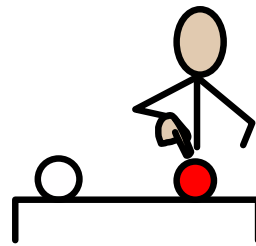


hade

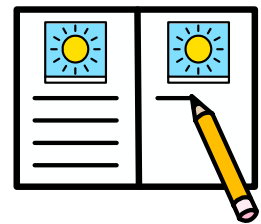


nytta

av



den här



dagboks

+



och planeringsboken