



CENTRE FOR AUTISM
MIDDLETOWN

Power Card for drinking water

(insert characters name) is healthy.
She has lots of energy to have fun.

Insert character
picture here

(insert characters name) is thirsty when she forgets to drink water.

(insert characters name) wants you to remember:

1. Use a cup or a bottle to drink water.
2. Always drink water after you eat food.
3. Drink extra water when the weather is warm.



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Power Card for bedtime

(insert characters name) is energetic and enthusiastic.
He likes to be wide awake during the day.

Insert character
picture here

(insert characters name) is tired when he doesn't get enough sleep at night.

(insert characters name) wants you to remember:

1. In the evening go to bed if you are yawning or if your eyes are starting to close.
2. Talk to mum or dad about a good time for going to bed, and stick to this time.
3. Do a calming activity before you go to sleep. You could read a book or listen to quiet music.