

Pilot

The pilot will always use their checklist to ensure they are feeling prepared before each flight. Before they can begin their journey they need to ensure that they check the following:

- Good nights sleep
- Plane is fuelled
- Departure time
- Sure of his destination
- Knows flight path
- Endurance to fly for 6+ hours

Co - Pilot (Me)

My checklist before I begin my day is similar to the pilots. It reminds me of how I can prepare myself so I am feeling ready for today's activities:

- Good nights sleep
- Sensory system activated
- Get dressed for school
- Positive frame of mind
- All homework is completed on time
- Sufficient energy levels for whole day
- Emotionally regulated
- Relieve worry over exams/tests

Pilot

What can the Pilot do if they have an **X** beside some of their checklist?

- Good nights sleep
- Go to bed earlier the night before
- Plane is fuelled
- Liaise with ground staff
- Departure time
- Use flight schedule
- Sure of his destination
- Double check job instructions
- Knows flight path
- Advance planning
- Endurance to fly for 6+ hours
- Do regular exercise



Co - Pilot (Me)

What can I do if I have an **X** beside some of my checklist?

- Good nights sleep
- Avoid phone/technology an hour before sleep
- Sensory system activated
- Walk the dog each morning for 10 min
- Get dressed for school
- Shower, then deep, consistent pressure during towel drying
- Positive Self Talk
- Positive Diary and remind myself of my career goal
- Complete all homework on time
- Allocate set time each afternoon to work through To-Do-List on GC - don't leave to last minute!
- Sufficient energy levels for whole day
- Eat snacks/get fresh air at break/lunch
- Emotionally regulated
- Use Mindshift app daily and grounding exercises when feeling anxious
- Relieve worry over exams/tests
- Attend all classes and use revision schedule consistently