## Pilot

## Co - Pilot (Me)

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:

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



Departure time

Sure of his destination

Knows flight path

Endurance to fly for 6+ hours



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

SEAT MUST FORWARD 7 INCHES DURING TAKEOFF AM

## Pilot

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

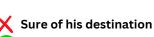
## Co - Pilot (Me)

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



Plane is fuelled Liaise with ground staff





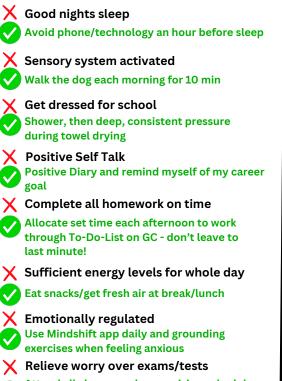
**Double check job instructions** 



Knows flight path Advance planning

Endurance to fly for 6+ hours Do regular exercise





Attend all classes and use revision schedule consistently