

THE TINY WINS LIFE SKILLS PACK

Simple, Autism-Friendly Tools for Teaching Real-Life Skills
(Without the Overwhelm)



For the days when everything feels like too much ...start here



HOW TO USE THIS PACK

START SMALL. THAT'S THE WHOLE POINT

- You don't need to use every page
- You don't need to teach everything at once
- You're not behind

Simple Steps Section:

- Pick **ONE** life skill
- Break it into **one** small step
- Practice a little each day
- Celebrate the effort

You are doing more than you think.



Weekly Life Skills Planner

THIS WEEK'S FOCUS

Life Skill I'm Teaching:

Why it Matters:

Break it into steps:

Step 1:

Step 2:

Step 3:

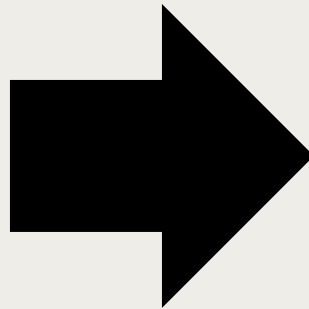
What Support Do They Need?

One Small Goal for this Week:



FIRST → THEN BOARD (BLANK)

FIRST



THEN



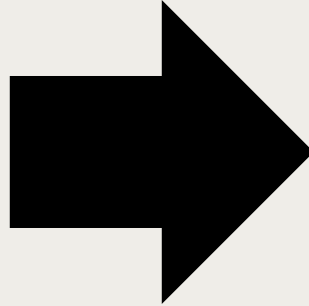
Keep it simple. Keep it consistent.



FIRST → THEN EXAMPLES

Examples You Can Use Today

First Brush teeth

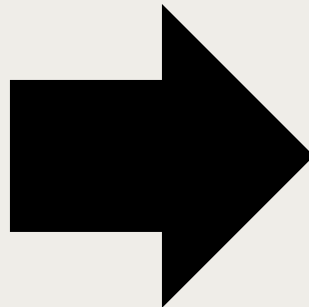


Then Tablet

FIRST

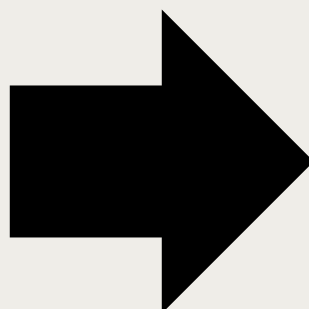
THEN

First clean up toys



Then Snack

First get dressed



Then TV

You can change the "Then" to whatever motivates your child.



ROUTINE CARDS (DAILY SKILLS)

Step-by-step Routine Cards

Card 1: Brush Teeth

1. Get Toothbrush
2. Add Toothpaste
3. Brush
4. Rinse

Card 2: Wash Hands

1. Turn on the water
2. Add soap
3. Scrub
4. Rinse



ROUTINE CARDS (DAILY SKILLS)

Continued

Card 3: Get Dressed

1. Underwear
2. Shirt
3. Pants
4. Socks

Card 4: Clean up toys

1. Pick up toys
2. Put in the bucket
3. Check floor
4. All done

DATE



Tiny Wins Matter

Today we Tried:

What went well:

That was hard but we showed up:

ONE SMALL WIN:

THIS WEEK I NOTICED:

YOU'RE DOING ENOUGH

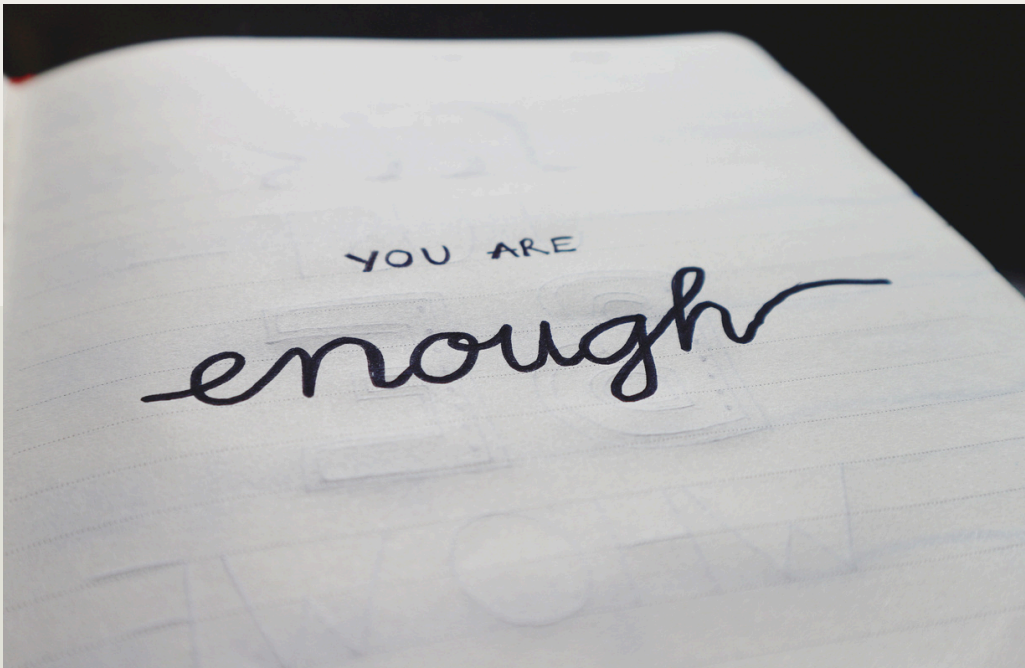
Some days this will feel easy.

Some days it won't.

Some days the win is independence.

Some days the win is just trying.

Both Count.



SMALL STEPS BUILD REAL LIFE SKILLS.