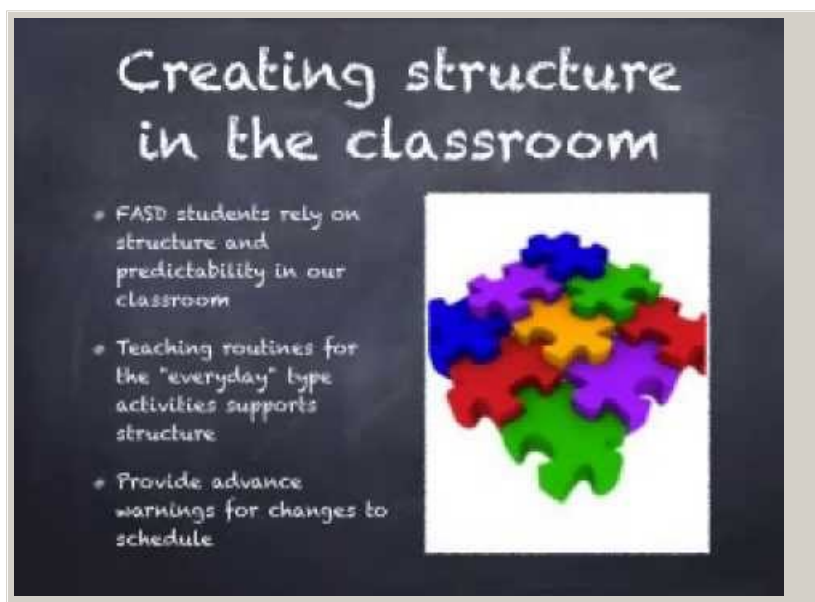


Structure and consistent routines

Structure helps ease the stress created by constant change.

A consistent routine supports independence and reduces anxiety and stress.



Video hosted on Youtube http://youtu.be/NR-_GTm5MA8

No captions or transcript

Source:

[WrAP Schools \(Canada\)](#)

https://www.youtube.com/channel/UChuAycUoRt_HkcbdXnKiV_Q

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