Our Reading Nook Check

A calm body first. Then the story.

Light

Too bright? Flickering?

☐ **Lamp on** ☐ **Big light off** ☐ **Window**

What helped:

Sound

TV, fridge, traffic, chatter?

☐ **TV off** ☐ **Door closed** ☐ **Ear muffs**

What helped:

Seat

Comfy? Feet resting?

☐ **Cushion** ☐ **Beanbag** ☐ **Floor**

What helped:

Clutter

Too much to look at?

☐ **Table clear** ☐ **Two books only**

What helped:

Hands

Something to hold?

☐ **Soft toy** ☐ **Fidget** ☐ **Blanket**

What helped:

Body

Hungry, thirsty, tired, buzzing?

☐ **Snack** ☐ **Drink** ☐ **Move first**

What helped:

Today the best reading spot was: _____