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MEGANBEST

Workbook

ATTAINMENT'S

it's my life Workbook

MEGANBEST

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: Quiz



Plan Well

Chapter Quizzes

Understanding Time

Chapter 1 Quiz

Choose the correct answer.

1 / A(n) _____ clock shows the time using numbers, not a hand.



a. analog



b. digital



c. computer

2 / A(n) _____ clock shows the time by the position of hands on a dial.



a. analog



b. digital



c. computer

3 / Most people eat breakfast at 8 _____.



a. A.M.



b. P.M.



c. noon

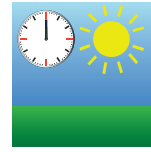
4 / Most people are asleep by 11 _____.



a. A.M.



b. P.M.



c. noon

5 / There are _____ hours in a day.

24

a.

60

b.

12

c.

6 / There are _____ minutes in an hour.

24

a.

60

b.

12

c.

7 / There are _____ seconds in a minute.

24

a.

60

b.

12

c.

8 / A plan of things that need to be done and when they will be done is called a _____.



a. work



b. break



c. schedule

9 / You can _____ in your free time.



a. choose an activity you love



b. do nothing



c. work

10 / Responsibilities are _____.



a. things you are expected to do



b. fun activities



c. when you are doing nothing

Daily Schedules

Chapter 2 Quiz

Choose the correct answer.

1 / It is important to find a daily _____ that works for you.



a. weekday



b. routine



c. afternoon

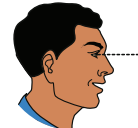
2 / Daily _____ can be written or shown with pictures or symbols.



a. schedules



b. people



c. visual

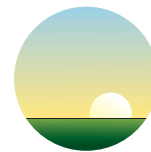
3 / Keep track of _____ to be sure you are following your schedule.



a. time



b. weeks



c. mornings

4 / You can keep track of the time using your _____.



a. cell phone



b. bracelet



c. friend

5 / Your daily schedule will help you stay _____.



a. weekly



b. schedule



c. organized

6 / It is important to put your daily activities in order from first to _____.



a. summer



b. last



c. daily

7 / You should leave _____ in between activities just in case things take longer than expected.



a. stress



b. days



c. time

8 / Allow flexibility in your schedule for unexpected _____.



a. tasks



b. patient



c. mornings

9 / It is important to make the most of the _____ time you have.



a. weekly

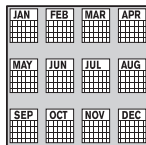


b. summer



c. leisure

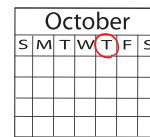
10 / Be sure to add free time to your _____ schedule.



a. yearly



b. daily



c. Thursday

Weekly Schedules

Chapter 3 Quiz

Choose the correct answer.

1 / Saturday and Sunday are the _____.



a. weekdays

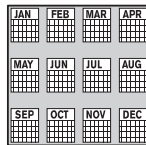


b. weekend



c. months

2 / Monday is a _____.



a. year



b. week

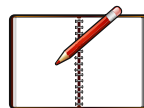


c. weekday

3 / It is important to keep a weekly _____ to see all of your activities.



a. phone



b. planner



c. Tuesday

4 / You can keep track of the date using your _____.



a. cell phone



b. bracelet



c. teacher

5 / Soccer practice every Tuesday is an example of a _____.



a. weekly activity



b. daily activity



c. boring activity

6 / Brushing your teeth is an example of a _____.



a. daily activity



b. weekly activity



c. Tuesday activity

7 / A weekly schedule will help you stay _____.



a. lost



b. organized

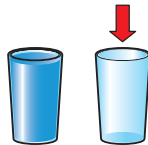


c. healthy

8 / Learning to create a schedule is part of being _____.



a. good-looking



b. empty



c. independent

9 / You can add events to your schedule by writing them or using _____.



a. pictures

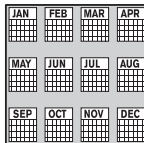


b. flowers



c. animals

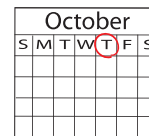
10 / It is important to add each activity in your planner under the correct day of the _____.



a. year



b. week



c. Thursday

Monthly Schedule

Chapter 4 Quiz

Choose the correct answer.

1 / There are _____ months in a year.

10

a.

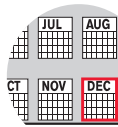
12

b.

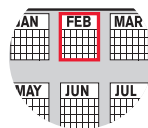
24

c.

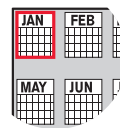
2 / _____ is the first month of the year.



a. December



b. February



c. January

3 / There are four _____ in a year.



a. seasons



b. days



c. months

4 / You can use a _____ to keep track of the date.



a. season

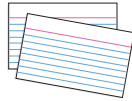


b. calendar



c. teacher

5 / A monthly calendar can help you keep track of _____.



a. notecards



b. flowers



c. appointments

6 / Planning too many activities might make you feel _____.



a. overwhelmed



b. boring



c. sad

7 / You _____ check your calendar often.



a. should



b. should not



c. never

8 / Some people use paper and _____ calendars.



a. electronic



b. correct



c. nighttime

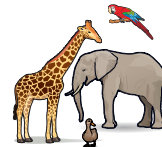
9 / There are different _____ each month.



a. holidays

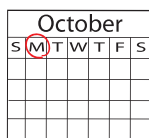


b. flowers



c. animals

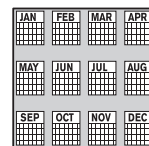
10 / You can record _____ on a monthly calendar.



a. Monday



b. vacations



c. years

Electronic Calendars

Chapter 5 Quiz

Choose the correct answer.

1 / _____ can help you keep track of your schedule.



a. Electronic calendars

b. Routines

c. Weekdays

2 / You can check your electronic calendar on your _____.

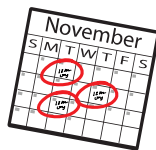


a. bicycle

b. phone

c. TV

3 / You can program _____ into your electronic calendar.



a. appointments

b. weeks

c. mornings

4 / You can add events to your electronic calendar on your phone or your _____.



a. computer



b. bracelet



c. watch

5 / Electronic calendars can _____ you when you have an activity scheduled.



a. phone



b. schedule



c. alert

6 / You can choose _____ to be reminded of your activity.



a. when



b. who

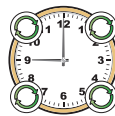


c. pets

7 / You should check your electronic calendar _____.



a. never



b. often



c. once a day

8 / You can _____ your electronic calendar with others.



a. share

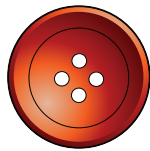


b. move



c. buy

9 / Electronic calendars have many _____ to keep you organized.



a. buttons



b. functions



c. activities

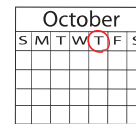
10 / When an activity happens every day or every week, you can program your calendar with a _____ event.



a. recurring



b. daily



c. Thursday

Managing Your Schedule

Chapter 6 Quiz

Choose the correct answer.

1 / It is important to prioritize activities so that your _____ works for you.



a. schedule



b. friends



c. job

2 / You might feel _____ if you plan too many tasks in your schedule.



a. calendar

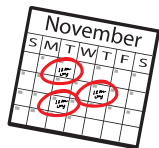


b. overwhelmed



c. commitment

3 / You can use a _____ app to pay someone to give you a ride.



a. appointments



b. bicycle



c. rideshare

4 / Arranging _____ to your activities is part of managing your schedule.



a. jobs



b. transportation



c. bus

5 / It is important to be on _____ when you are meeting other people.



a. punctual



b. taxi



c. time

6 / It is a good idea to _____ when you are late.



a. apologize



b. yell



c. cry

7 / If you miss an appointment, you should _____ to the person you were scheduled to meet.



a. contact



b. apologize



c. run

8 / You can _____ a missed appointment.



a. calendar



b. reschedule



c. meet

9 / It is important to follow through with _____.



a. commitments



b. phone calls



c. activities

10 / You do not have to _____ to all activities or appointments.



a. agree



b. disagree



c. schedule