



# Little Wins Visual Toolkit: Off to the Beach

Created by:

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 More free tools and printables at:  
[www.KarenDavisMatthews.com](http://www.KarenDavisMatthews.com)

♥ Coffee-fueled chaos and real-life wins over at:  
@LittleWinsWithJimmy

## Off to the Beach – Visual Tools for a Smooth Day

Hey there,

This printable pack was created with real families (like mine) in mind – the ones juggling sunscreen, sensory needs, and a towel that never stays where it should.

Inside, you'll find printable visual cards designed to support calm, confident summer outings. These were made with neurodiverse kiddos in mind, but they're helpful for any child who thrives on structure, visuals, and a little extra "what's next" support.

This set includes 12 visual cards, featuring moments like:

✦ Pack Bag

✦ Floatie

✦ Splash!

**No email funnel. No "just three today"** – everything's available, completely free, right on the website. Because sometimes, what parents need most is less clicking and more doing.

These visuals pair beautifully with our First/Then and You Choose boards, also free at

👉 [www.KarenDavisMatthews.com](http://www.KarenDavisMatthews.com)

Take what works for your family, leave what doesn't, and keep showing up the best way you can.

You've got this.

With sandy gratitude,

Karen

Little Wins with Jimmy



Visual routines & real-life tools for families who thrive with structure.

Follow along on Facebook @LittleWinsWithJimmy

# How to Use This Pack (AKA: You Do You, Parent)

Hey there, sunshine ☀️

This Off to the Beach visual card set was created with love, sand, snacks, and neurodiverse needs in mind — but here's the real deal: there is no one-size-fits-all. Every child is different, and so is every day.

Use these cards however works best for your child. Seriously. Clip them to a lanyard, stick them to a visual schedule, lay them out as a choice board, or keep them in your beach bag as a calm-down tool. Mix, match, adapt, toss one out if it doesn't serve you — zero guilt.

A few ways parents have used them:

- Lanyard-style: Punch a hole in each card, attach to a keyring, and flip through on the go.
- Routine Strip: Laminate and use Velcro to show what's coming next (great for easing transitions).
- Choice Board: Let your child pick between two or three options visually.
- Prep Talk: Use them before leaving the house to go over what to expect.

Visuals can help make things feel a little less chaotic — and when your kid feels more secure, that's a big win.

Take what works for you. Leave the rest. You're doing great.



— From one real-life parent to another

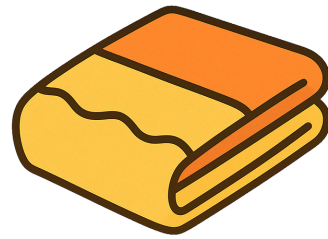


Visual routines & real-life tools for families who thrive with structure.

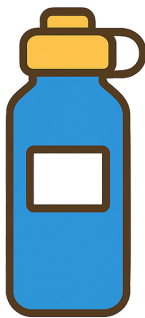
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**pack bag**



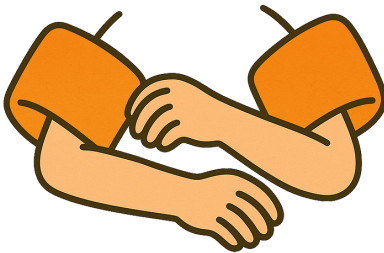
**towel**



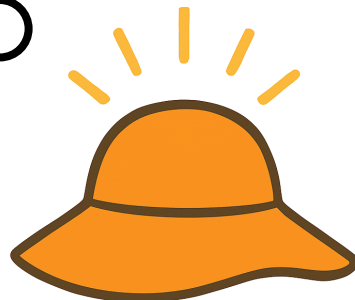
**drink**



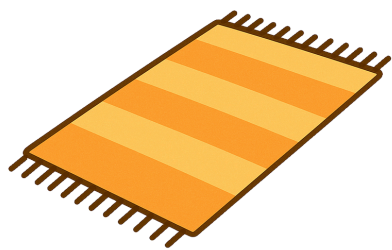
**sunscreen**



**floatie**



**hat**



**blanket**



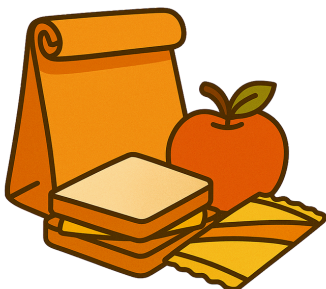
**water**



**toes in**



**splash**



**snack**



**pack up**

# Little Wins for Grown-ups: Beach Survival Edition

## Before You Leave:

- Take a breath (or two). It doesn't have to be perfect — just prepared-ish.
- You do not need to bring everything. Just enough to get through.
- The goal is calm, not Pinterest.
- Wear the comfortable clothes — yes, even the ones with sand-stained pockets.

## While You're There:

- Drink the water you packed (instead of just handing it out).
- You're not being "too much." You're showing up.
- If it only lasts 15 minutes — that counts.
- If it turns into 4 hours — that counts too.
- No one here gets to judge your parenting. Full stop.

## After You Get Home:

Say it out loud: "We did it."

Don't worry about the laundry just yet.

Take a shower. You deserve to be clean and proud.

You made memories — even if no one posed for a single picture.

**You are doing a great job — even if today felt like a beautiful mess.  
Printables can help... but you're the reason they work. ♥**