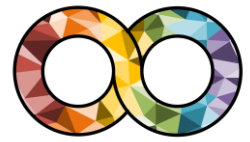


Daily Schedule

Setting up a daily schedule can help by providing structure and a consistent routine in times when things are less certain.

Use this worksheet to plan out your day. Think about how you feel throughout the day, and what type of activity is best suited to how you feel. Go into as much detail as you want; change it as often as you need.



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TIME	ACTIVITY CATEGORY	ACTIVITIES
Before 9am	Wake-Up Time	<input type="checkbox"/> Get dressed <input type="checkbox"/> Have breakfast <input type="checkbox"/> Brush my teeth
9:00am - 10:30am	Brain Time	<input type="checkbox"/> Do a find-a-word puzzle <input type="checkbox"/> Investigate a new topic <input type="checkbox"/> Do some maths problems
10:30am - 11am	Snack Time	<input type="checkbox"/> Prepare, Eat, Clean up
11:00am - 12:30pm	Body Time	<input type="checkbox"/> Ride my bike or scooter <input type="checkbox"/> Play on the swings <input type="checkbox"/> Play soccer with my family
12:30pm - 1:30pm	Lunch Time	<input type="checkbox"/> Prepare, Eat, Clean up
1:30pm - 3:00pm	Helpful Time	<input type="checkbox"/> Clean my room <input type="checkbox"/> Clear dishes from the table <input type="checkbox"/> Put my clothes away
3:00pm - 4:30pm	Alone Time	<input type="checkbox"/> Read a book <input type="checkbox"/> Play a computer game <input type="checkbox"/> Do a jigsaw puzzle
4:30pm - 6:00pm	Imagination Time	<input type="checkbox"/> Draw a picture <input type="checkbox"/> Make a play to perform <input type="checkbox"/> Build a pillow castle
6pm - 7pm	Dinner Time	<input type="checkbox"/> Prepare, Eat, Clean up
7:00pm - 8:30pm	Social Time	<input type="checkbox"/> Play a board game <input type="checkbox"/> Watch a family movie <input type="checkbox"/> Play a game outside
After 8:30pm	Bed Time	<input type="checkbox"/> Have a shower <input type="checkbox"/> Brush my teeth <input type="checkbox"/> Get into my pyjamas