

MY DAILY SCHEDULE!

WHAT? THIS IS A TEMPLATE TO CREATE A DAILY SCHEDULE FOR YOU AND YOUR LOVED ONES AT HOME.

WHY? CREATING A SCHEDULE PROVIDES PREDICTABILITY AND INSTILLS ROUTINE, ESPECIALLY WHEN THINGS ARE OUT OF THE NORM. USING PICTURES IN ADDITION TO TEXT HELPS TO PROMPT THE ROUTINE CHANGES AND MAY RESULT IN STRONGER COMMUNICATION.

TIPS FOR THIS TOOL: YOU MAY WISH TO ADD TIMES BESIDE EACH BOX. USE OUR ATTACHED ACTIVITY SUGGESTIONS OR MAKE YOUR OWN! CHILDREN ARE OFTEN MOTIVATED BY HAVING A SAY IN WHAT THEY DO! FEEL FREE TO FILL IN THE BOXES WITH DRAWINGS OR TEXT OF WHAT YOU WILL DO FOR THE DAY.



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HERE ARE SOME ACTIVITY SUGGESTIONS! CUT THEM OUT AND PASTE OR TAPE THEM TO YOUR DAILY SCHEDULE OR GET CREATIVE AND MAKE YOUR OWN!

 outdoor walk	 exercise	 reading	 bike ride	 breakfast
 help with chores	 sports	 writing	 play with my siblings	 lunchtime
 homework	 arts & crafts	 Legos	 backyard	 dinner
 board game	 watch a movie	 science experiment	 play with toys	 colouring
 healthy snack	 screen time	 driveway chalk	 math	 wash hands
 call _____	 outside	 clean room	 parent gets home	 video chat a friend