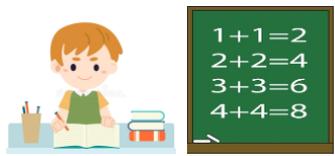
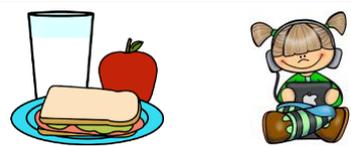
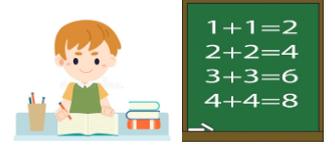


Day Planner

Below is an example of how you could structure your day. Predictable routines and expectations help children to feel safe. Their usual structures have suddenly disappeared and although it is tempting to relax certain rules, it is vitally important to still set limits and that boundaries remain consistent.

Remember you can still offer choice but with boundaries using, "would you like to do this or this".

Before 9am	Wake up		Have breakfast. Get dressed. Brush teeth. Make bed. Tidy room
9-10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing: Yoga, Star jumps, walk, jog
10-11am	Academic time		No electronics School work packs, reading/ sharing a book.
11-12pm	Creative time		Lego, drawing, colouring, craft activities, singing, music, cooking/ baking together.
12-1pm	Lunch time Relax		Controlled Electronics Ipads/tablets, computers and games consoles.
1-1:30pm	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing: Yoga, Star jumps, obstacle course, Go Noodle etc
1:30-2:30pm	Academic time		No electronics School work packs, reading/ sharing a book.
2:30-3pm	Quiet time		Relax with a book, play in my room, watch tv.
4-5pm	Fresh Air		Outdoor play, walk the dog, play in the garden
5-6pm	Dinner time		Have Dinner and then relax. Usual school night bed time routine on weekdays