



KIND ROUTINES

Having a routine is a way to be kind to yourself. This way we know what happens in the day and can enjoy it. **Create your routine for the morning and the afternoon using this sheet.** You can use the activities on the next page or create your own.

time

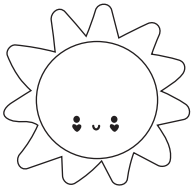
activity

time

activity



ACTIVITY IDEAS



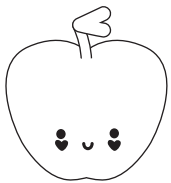
exercise



draw or paint



clean up my room



breakfast



lunch



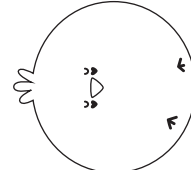
dinner



snack



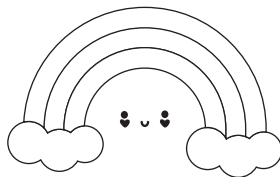
snack



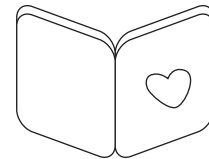
sleep



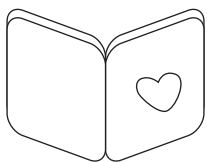
clean up and get dressed



play



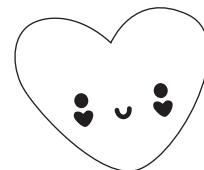
school work



school work



play



family time