

Importance of using a daily schedule

During this time we can make things easier for us by using a visual daily schedule consistently to reduce anxiety, provide reassurance and predictability and to help to structure our day and manage our time.

Remember:

- It is important to use the schedule consistently.
- Place the schedule somewhere you can see it.
- Routines at home can help you feel safe and secure, and can provide stability during a time of change.
- Routines that include time for fun or spending time together can strengthen your relationship with your parents.
- Having a regular bedtime can help set your body's clock so your body 'knows' when it's time to sleep.
- Having an important job to do in your daily routine (such as feeding and walking the dog) can help you develop a sense of responsibility.
- Routines can help develop basic work skills and time management.

A good routine will include:

- The same wake-up and bedtimes
- Include study time
- Include physical activity
- Include free time, rewarded for the hard work

Practise, practise, practise.

Don't worry if the day doesn't go to plan, just smile, stay positive and start again the next day.

School Days	Mon	Tue	Wed	Thu	Fri
<u>Bedroom:</u>					
Get dressed	✓				
Put dirty clothes in laundry	✓				
<u>Bathroom:</u>					
brush teeth	✓				
Comb hair	✓				
<u>Kitchen:</u>					
put on/tie shoes	✓				
get backpack	✓				
homework signed?	✓				
get coat	✓				
get lunchbox	✓				
SMILE ☺!	✓				

Example of a daily Monday-Friday schedule:

Time	Activity	Description
7-8am	Wake Up	Get up, breakfast, shower, dressed, wash face
9-9.15am	Morning mindful activity	Mindfulness exercises, relaxation, meditation app.
9.15-10am	Morning fresh air	Walk, bike, yoga, circuit
10-12pm	School work	Complete tasks set by school – see school schedule
12-12.30pm	Lunch	Remember clean up after yourself
12.30-2.30pm	School work	Complete tasks set by school – see school schedule
2.30-3.15pm	Afternoon fresh air	Circuit, walk, dance video
3.15-3.45pm	Chores	Pick 2 chores from the bucket
3.45-4.30pm	Activity of your choice	Screen time allowed for social media, YouTube, TikTok, gaming.
4.30-5pm	Academic time/study	Learn a new independent skills for example, how to do laundry, how to cook etc. Read/draw/play an instrument
5-6pm	Dinner	
6-7pm	Family time	
7pm-9pm	Free time	
9-10pm	Bedtime	

