

## 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	

