

EXAMPLE DAILY PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7AM-9AM	Wake up, get washed, dressed and brush your teeth	Wake up, get washed, dressed and brush your teeth	Wake up, get washed, dressed and brush your teeth	Wake up, get washed, dressed and brush your teeth	Wake up, get washed, dressed and brush your teeth
9AM-10AM	Make your bed and get yourself some breakfast	Make your bed and get yourself some breakfast	Make your bed and get yourself some breakfast	Make your bed and get yourself some breakfast	Make your bed and get yourself some breakfast
10AM-11AM	Choose an English activity to complete	Choose a Maths activity to complete	Choose an English activity to complete	Choose a Maths activity to complete	Choose an English activity to complete
11AM-12PM	Choose a Maths activity to complete	Choose an English activity to complete	Choose a Maths activity to complete	Choose an English activity to complete	Choose a Maths activity to complete
12PM-1PM	Help your adult prepare some lunch	Help your adult prepare some lunch	Help your adult prepare some lunch	Help your adult prepare some lunch	Help your adult prepare some lunch
1PM-2PM	'Me' time - Watch a film, play a game or do some colouring	Get outside – play in the garden, go for a walk or go to the park	Read a book or do a mindfulness activity	Get outside – play in the garden, go for a walk or go to the park	'Me' time - Watch a film, play a game or do some colouring
2PM-3PM	Choose an 'extra activity' to complete from your pack	Choose an 'extra activity' to complete from your pack	Choose an 'extra activity' to complete from your pack	Choose an 'extra activity' to complete from your pack	Choose an 'extra activity' to complete from your pack
Evening	Family time - read a story to your adult/sibling	Family time - help your adult with the cooking	Family time – choose a game you can play as a family	Family time - read a story to your adult/sibling	Family time - share with your adult what you have enjoyed most this week