

My Summer Rhythm Planner

A GENTLE PLANNER TO HELP YOU BUILD
A SUMMER THAT WORKS FOR YOUR
NERVOUS SYSTEM, ENERGY LEVELS, AND
SUPPORT NEEDS





My Summer Energy Check-In

THINGS THAT *GIVE* ME ENERGY

THINGS THAT *DRAIN* MY ENERGY





My Summer Energy Check-In

SENSORY CHALLENGES I NOTICE IN SUMMER

ACTIVITIES I GENUINELY ENJOY



Weekly Rhythm Planner

Monday

Plans:

Rest/Recovery Time:

Tuesday

Plans:

Rest/Recovery Time:

Wednesday

Plans:

Rest/Recovery Time:

Thursday

Plans:

Rest/Recovery Time:



Weekly Rhythm Planner

Friday

Plans:

Rest/Recovery Time:

Saturday

Plans:

Rest/Recovery Time:

Sunday

Plans:

Rest/Recovery Time:





My Support Menu

Things that help me regulate



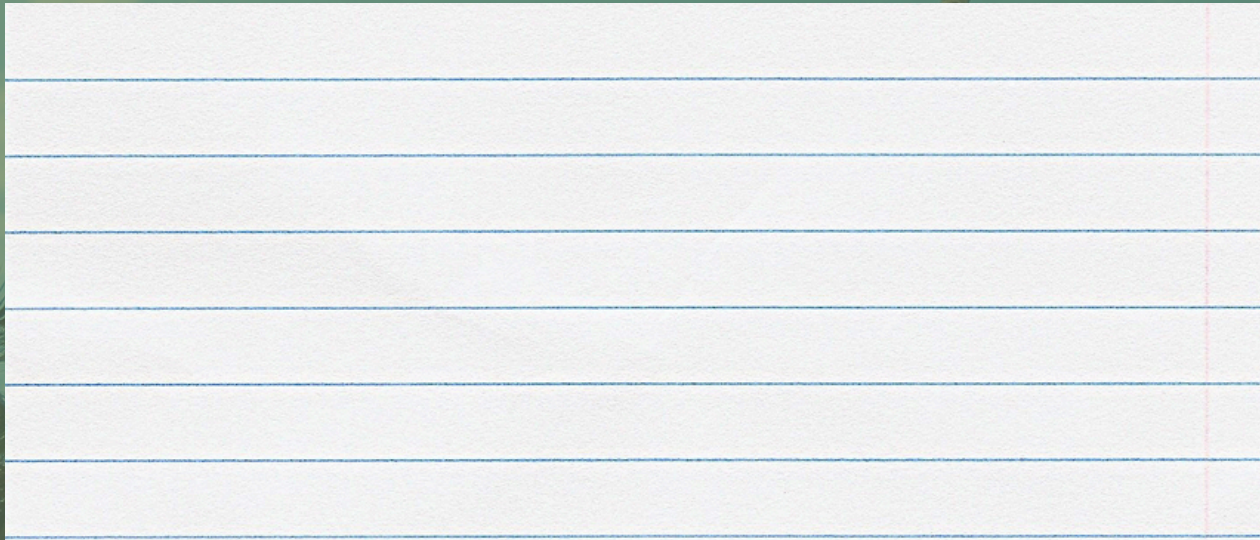
People I can reach out to





My Support Menu

Low energy activities I enjoy



Comfort items to keep nearby

