

Cut along
dotted line



Morning



Wake up



Relax



Eat breakfast



Get dressed



Do exercises

Choice



Cut along
dotted line



Afternoon



Eat lunch



Take a
sensory break



Go for a walk



Do
homework

Choice



Eat dinner

Cut along
dotted line



Morning



Wake up



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Choice



Cut along
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Afternoon



Eat lunch



Take a
sensory break

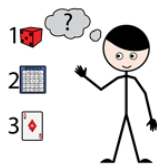


Go for a walk



Do
homework

Choice



Eat dinner