

My Schedule for Today,

****SAMPLE****

8:00	
8:15	***Sample...what this could look like***
8:30	Wake up
8:45	Breakfast and tv
9:00	Plan my day with schedule
9:15	Math- 10 problems
9:30	XX
9:45	Screen time
10:00	English- write opening paragraph
10:15	XX
10:30	English- read 15 min. on my tummy
10:45	Answer questions about reading
11:00	Lunch and chill time
11:15	Social Studies- read chapter
11:30	XX
11:45	Questions from ss chapter
12:00	Walk outside with dog
12:15	Questions from Science quiz
12:30	***time to finish questions or email teacher
12:45	Screen time (Minecraft)
1:00	Exercise
1:15	Exercise
1:30	Spanish
1:45	XX
2:00	XX
2:15	FACETIME/PHONE A FRIEND
2:30	Science- finish chapter questions
2:45	XX
3:00	Screen time



Reminders for Success:

- The first thing we talk about and schedule is **FUN time** or the reward for chunks of hard work!
- Use colors for different things
- The child **MUST** have control over this schedule; the adult is only a guide. Control=motivation
- At the end of each day, talk about how the day went. Did they get work done? What helped? If not, did they get distracted? By what?
- Plan for tomorrow based on what you discussed
- Keeping a schedule helps us feel better
- Seeing what is next helps us focus
- Don't forget to move during or between assignments
- Movement=Regulation**

Notes:

8:00	
8:15	
8:30	
8:45	
9:00	
9:15	
9:30	
9:45	
10:00	
10:15	
10:30	
10:45	
11:00	
11:15	
11:30	
11:45	
12:00	
12:15	
12:30	
12:45	
1:00	
1:15	
1:30	
1:45	
2:00	
2:15	
2:30	
2:45	
3:00	

Don't Forget to Schedule

- 1. Outside time**
- 2. Exercise time**
- 3. Time to talk to friends**
- 4. Meals**
- 5. Family fun time**

Stuck?????

- 1. Email your teacher**
- 2. Search internet**
- 3. Phone a friend**
- 4. Ask a parent**
- 5. Chunk long assignments and spread them out with breaks in between**
- 6. Talk to your teacher if work is taking too long and you can't get it done- they may have ideas**
- 7. Remember to focus on the good stuff...it can be hard to think of, but SMILING and LAUGHING is a great way to recover when you feel overwhelmed**