Evening Routine

- [ ] Eat supper.
- [ ] Play with mom. (Yoga & Exercise)
- [ ] Try to poo.
- [ ] Play with dad.
- [ ] Alone time. Free time. My choice.
- [ ] Brush teeth.
- [ ] PJs
- [ ] Read in bed.

"I can grow my brain by trying new things"

EXPLORE. DISCOVER. GROW.
Blooming ABILITIES

My Daily Plan

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"I am safe to try new things"



My Daily Plan

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"I am safe to try new things"

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My Daily Plan

Add some pictures and words to make your daily plan