

DAILY SCHEDULE

FOR YOUNGER KIDS

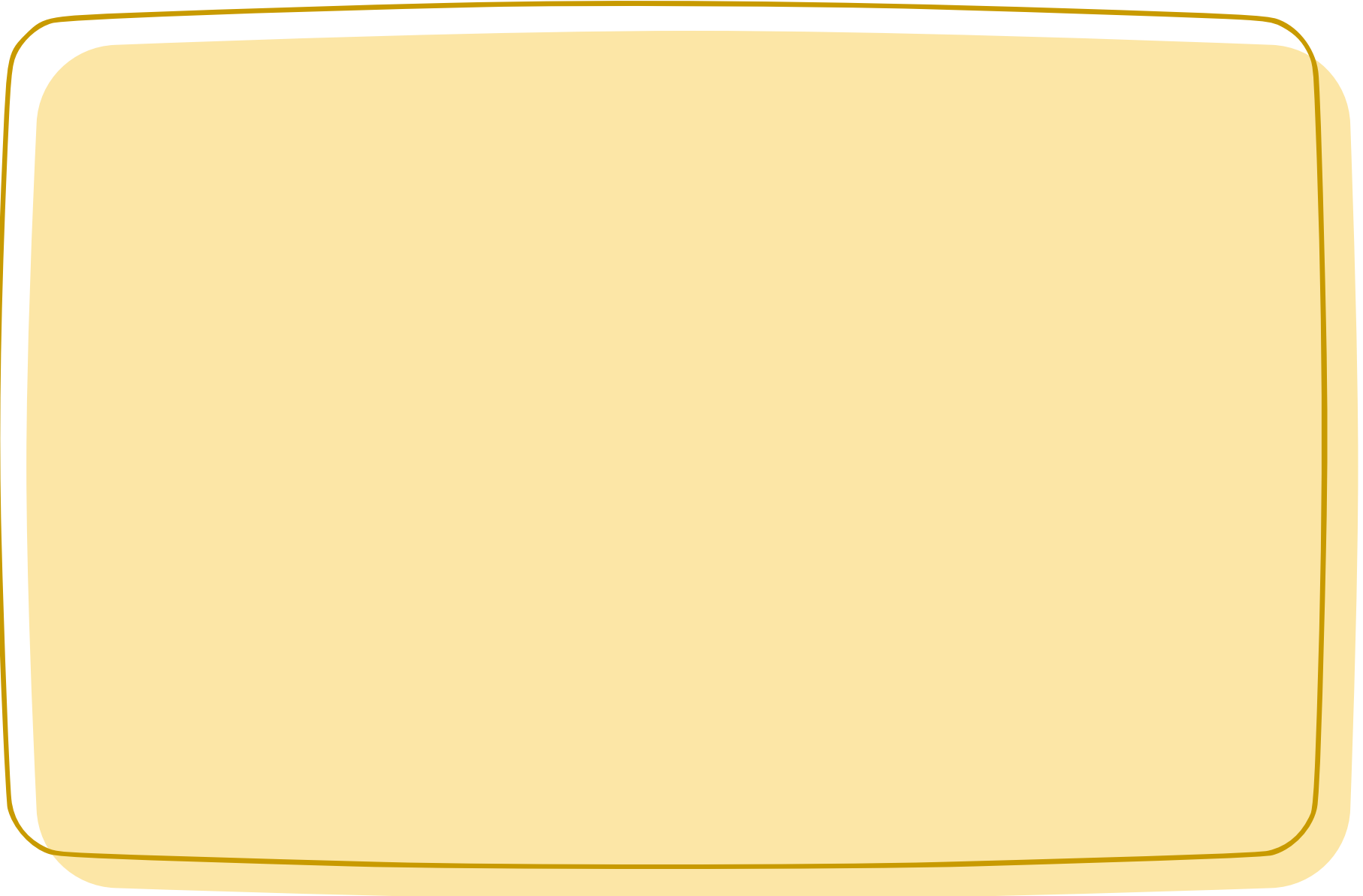
Wondering what's next? Cut and assemble the activity pictures to create your own schedule. Then, hang so you can confidently navigate the day!



QUICK TIPS FOR CAREGIVERS

- Fill in non-negotiables first, such as school, meals, and bedtime, to create structure throughout the day.
- Spend some time at the beginning and end of each day reviewing the schedule. Ask questions like "What worked well today?" or "What would you change for tomorrow?"

MY MORNING ROUTINE



MY AFTERNOON ROUTINE



A large, empty, light green rectangular area with rounded corners and a thin green border, intended for writing or drawing a routine.

MY EVENING ROUTINE



A large, empty, light blue rounded rectangle with a dark blue border, intended for writing or drawing the evening routine.