

MY DAILY SCHEDULE

FOR OLDER KIDS

Fill in the blanks below to design a day just for you. Keep this schedule as a quick guide to help you feel informed and empowered throughout your day!

TIME	TO DO
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MORNING

AFTERNOON

EVENING

QUICK TIPS FOR CAREGIVERS

- Encourage older kids to view their schedule as their own personal organization tool rather than a list of adult instructions.
- Have them start by listing everything they need and want to do to help prioritize their time.
- Set a daily screen-time limit and allow them to decide how to use it.