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:

Time	
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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