

My Daily Plan

Time	Activity or Task	Done
8-9	Wake up, get dressed, breakfast	✓
9-10	Finish my Science Project	
10-10.30	Draw my favourite animal	
10.30-11	Snack Break	
11-12	Do 4 Math Exercises	
12-12.30	Read 2 chapters of my Book	
12.30-1.30	Lunch Break	
1.30-2.30	Do Writing Task x 2	
2.30-3.30	Shoot some Basketball hoops	
3.30-4	Fun Screen Time	

Today I...

- Had fun doing - My Art Work
- Learnt - Timetables
- Relaxed by - Walking my Dog Fluffy
- Felt - a bit wobbly, but mostly pretty good

Wish List of Activities

Outdoor Fun Activities

- Shoot some hoops
- Use skipping rope
- Kick around a soccer ball
- Jump on the trampoline
- Do some Gardening
- Walk the dog
- Make mud pies
- Play tennis on a pole
- Badminton in the backyard

Indoor Fun Activities

- Cook or bake something
- Do puzzles
- Draw or Paint
- Play Dress-ups
- Build with Lego
- Dance Wii U
- Build indoor cubby house
- Play with the dog

Brain Building Activities

- Touch Typing
- Learn an instrument
- Learn a new language

Wish List of Activities

Helping Others

- Help clean the house
- Tidy room
- Clear out cupboards
- Go through bookshelf, pass on
- Write nice letter or draw picture and email to grandparents/friends
- Help prepare and cook dinner

Connection

- Build minecraft worlds
- Facetime friends
- Chat over the phone
- Play online group gaming

Self Care

- Try Yoga
- Meditation
- Paint nails
- Bubble bath
- Relaxing music
- Rest in cubby house
- Read book
- Soak up some sunshine
- Oils in diffuser - relaxing lavender, uplifting peppermint