
















## MORNING ROUTINE SAMPLE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake up 							
Use bathroom 							
Breakfast Get materials: cutlery, cups, plate Eat Put dishes in sink when finished 							
Brush teeth 							
Get dressed for the day (put pajamas on chair) 							
5 *=PLAY!!!! 							



## FULL DAY SAMPLE SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7-8AM	Wake up 							
	Use bathroom 							
8-9AM	Eat breakfast 							
	Chores: dishes in sink, make bed 							
	Brush teeth 							
	Free time 							
9AM-5PM	THE DAY Possible activities: Walk Play School work PT exercises Lunch: prep and Eat Outside Electronic time Creative time Food prep							
								
5PM-6:30PM	Dinner prep, eat and clean-up 							
6:30-7PM	Free time 							
7PM-7:30PM	Bath time routine (put clothes in laundry, put pajamas on) 							
7:30-8PM	Books 							
8PM	Bedtime 