

Creating a Routine

You will need



We've all experienced changes in our lives and routines, especially children because they can't go to school.

Create a new routine together to help your child feel more secure.

Use the timetable on the following page to create a visual timetable with your child.

Children can draw or write in the timetable or cut out and stick images of our suggested activities below.

Remember, it is important to have time to relax.

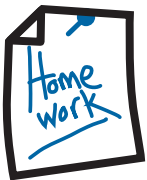
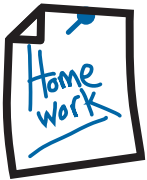
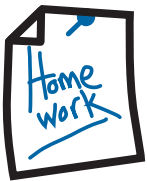
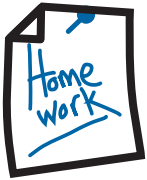
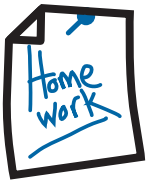
School work

Exercise

Chores

Creativity or playtime

Screen Time



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

