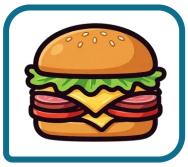
My day

Write in the times. Tick each box when it's done, and cross out anything that isn't happening today.

TIME		DONE
_____	 wake up	☐
_____	 shower	☐
_____	 get dressed	☐
_____	 breakfast	☐
_____	 go to work	☐
_____	 lunch	☐
_____	 relax	☐
_____	 dinner	☐
_____	 brush teeth	☐
_____	 bed	☐

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Picture cards for my day

Cut on the dashed lines. Glue or stick a card over a step on the day planner, or use them on the Today page.



coffee



medicine



shave



brush hair



glasses



laundry



cook



shopping



appointment



bus



car



phone call



email



TV



read



music



garden



friends

Draw a picture or glue a photo here

Draw a picture or glue a photo here

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Today

Put a card in each box for what happens today, in order, and write the time. Tick it when it's done.

Today is _____ **Date:** _____



Morning

Put a card here

time: _____ ☐

Put a card here

time: _____ ☐

Put a card here

time: _____ ☐



Afternoon

time: _____ ☐

time: _____ ☐

time: _____ ☐



Evening

time: _____ ☐

time: _____ ☐

time: _____ ☐

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