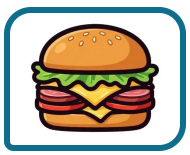
My day

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: _____ ☐

time: _____ ☐

time: _____ ☐

Afternoon

time: _____ ☐

time: _____ ☐

time: _____ ☐

Evening

time: _____ ☐

time: _____ ☐

time: _____ ☐

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