

_____ 's Schedule



Time	Activity



Activity Options

Print and cut out (or write your own!)

Use these if you prefer a detailed schedule:

Get dressed	Brush teeth	Bath time
Fitness	Brush teeth	Bedtime story
Quiet time	Nap time	Bed time
Reading	Math	Writing
Music	Art	Go on a walk
Play	Play	Play
Helper time	Breakfast	Lunch
Dinner	Free time	Snack
Free time	Call a friend	Snack
Dance party	Call family	Family time

Use these if you prefer to break the day in larger chunks:

Get dressed	Helper time	Quiet time
Get ready for bed	Helper time	Quiet time
Family time	Learning time	Play time
Fitness	Learning time	Play time



Print, color, and cut!
Use to decorate your schedule!

