



Planning Your Day

If you found Task 1 difficult it might be helpful to think about exactly what you have to do in the mornings before you go to school.

The list underneath shows the kinds of things you might have to do.

Using a list of tasks you need to complete in the morning may be helpful to help you get ready for school in time. This can be laminated and if you use a dry wipe marker then it can be reused every day.

Below is a list of the kind of tasks you may have to do in the morning:

- Have a shower
- Wash hair
- Get dried
- Put on deodorant
- Get dressed
- Have breakfast
- Wash & dry the plate, bowl and mug, then put them away
- Clean teeth
- Brush or comb hair
- Check school diary and make sure you've packed everything for today
- Take packed lunch out of the fridge and put it in your bag. Or put school dinner money in your bag
- Make sure that you have your keys, money, bags, mobile phone with you
- Put on coat, shoes, hat/gloves etc.
- Leave home, close the door and lock up



Morning Routine



TASK 2a

Use this blank list to write down the tasks you have to do before you go to school. Then you can tick off the tasks as you complete them.

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Bedtime Routine

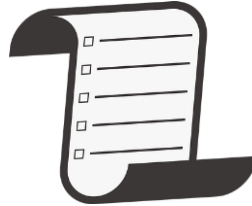
Once you have thought about planning your morning, you can do the same for your evening/ bedtime routine. You should try to be as organised as possible before you go to bed for the morning as this will save you time and save you running around at the last minute trying to get everything you need for the day ahead.

Here is an example:

- Make up or help make a packed lunch for tomorrow and keep it in the fridge. Or ask for your lunch money then put it in your school bag.
- Take off clothes and either have a bath or shower, or wash your hands and face. Put on nightwear.
- Brush your teeth.
- Put dirty clothes in washing basket (underwear, socks).
- Hang up clothes that are still clean (trousers, skirt).
- Get clean underwear and clothes for tomorrow and hang them up carefully.
- Turn off TV, radio, computer.
- Check school planner diary and see what is planned for tomorrow.
- Put any equipment or books needed into your school bag.
- Set your alarm clock to the time you should wake up in the morning.



Bedtime Routine



TASK 2b

Use this blank list to write down the tasks you have to do before you go to bed. Then you can tick off the tasks as you complete them.

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