

day to day

our daily routine



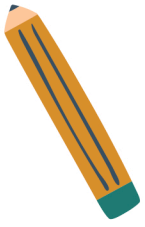
1. Print both the day to day page and the activities page.
2. With your child:
 - cut out the pictures & words
 - paste onto “day to day” page to create your custom daily routine chart that visually represents the flow of your day
3. Post and talk through it often to encourage felt safety & predictability.
4. When the flow of your day is interrupted or needs to change, use the chart to talk about these “wild cards” and coping skills for when the unexpected interruptions.



wake up



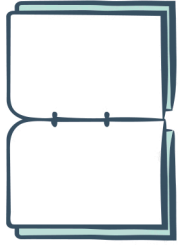
breakfast



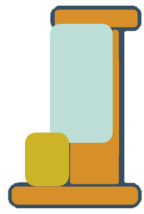
school



lunch



read



nap



snack

With your child, cut the photos & words and then
paste in your daily routine page to
create your own custom chart



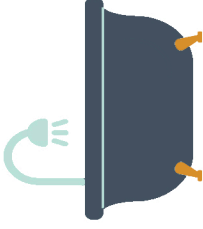
outside play



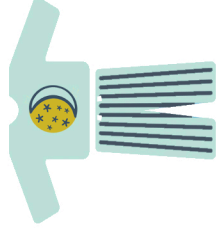
dinner



play



bath



pajamas



bedtime