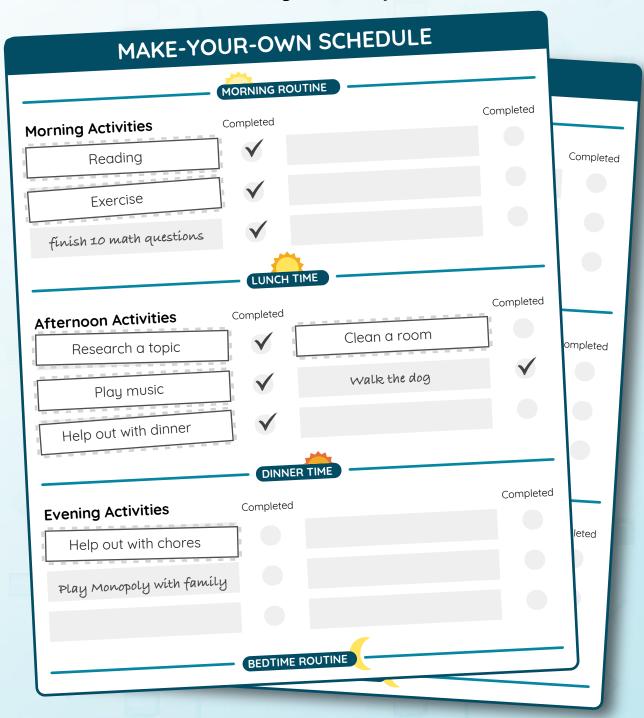
## **Everyday Speech Make-Your-Own Schedule**

Activities by Everyday - Speech

Use this Make-Your-Own Schedule template to plan out your day!

Fill in the schedule with the cut-out activities **OR** write down your own ideas in any order you wish. Check the completed boxes to keep track of the activities throughout the day.



# **MAKE-YOUR-OWN SCHEDULE** MORNING ROUTINE **Morning Activities** Completed Completed LUNCH TIME **Afternoon Activities** Completed Completed **DINNER TIME Evening Activities** Completed Completed BEDTIME ROUTINE

Cut out the activity idea boxes to create and plan your own schedule, or use these ideas as inspiration to come up with your own activities!

#### **MORNING ACTIVITIES**

Reading	School work
Exercise	Drawing
Make or build something	Writing
Spend time in nature	Make a detailed To Do list

### **AFTERNOON ACTIVITY**

Play music	Clean a room
Help with dinner	Do your favorite hobby
Research a topic	Go for a walk
Nap	Try something new

#### **EVENING ACTIVITY**

Family Read Aloud	Help out with chores
Take a bath	Relax and meditate
Plan out your next day	Play a game with Family
Reflect on your day	Write in Journal