

ACTIVITY CREATING A ROUTINE












CREATE A ROUTINE WITH YOUR CHILD

DURING TIMES OF CHANGE AND UNCERTAINTY, ESTABLISHING A ROUTINE CAN HELP CHILDREN TO FEEL HAPPIER BY ENCOURAGING THEM TO FOCUS ON THE THINGS THEY CAN CONTROL. USE OUR DOWNLOADABLE WEEKLY PLANNER TO CREATE A ROUTINE WITH YOUR CHILD.

Tips for parents:

- Set regular times for learning, meals, daily exercise and play time.
- Get your child's input and make them part of the decision-making. Ask them, "What do you think? What would you like to do today?"
- Put them in control. Let them decide the bike route. Get them to design an obstacle course or plan a netball drills session.
- Don't make the routines too strict. Setting unrealistic expectations and then failing to meet them creates stress.

HERE'S AN EXAMPLE OF A WEEKLY PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
IN THE MORNING	Break-fast 7am 		Going to school today 	I'm thankful for...		I'm looking forward to...	Today I'll show a little uncommon care...
DURING THE DAY	The best thing about today was... 	Lunch 12pm Something that made me laugh today was... 		Practice Netball Skills 	Today I helped with... Walk the dog with Mum 	Going for a bike ride 	Baking cookies for Annabelle 
IN THE EVENING	Dinner 7PM 	Bed time 8pm	Today I learned...				

MY WEEK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
IN THE MORNING				I'm thankful for...		I'm looking forward to...	Today I'll show a little uncommon care...
DURING THE DAY	The best thing about today was..	Something that made me laugh today was...			Today I helped with..		
IN THE EVENING			Today I learned...				