Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

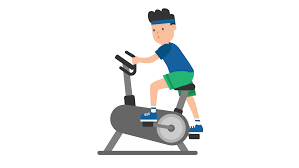
MY WEEKLY GOAL IS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 M T W T F

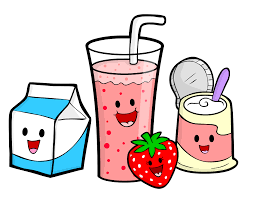
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I woke up at a good time.

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I did some exercise.



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I had regular meals and drank water.

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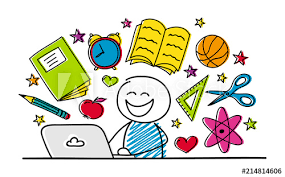
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I enjoyed some reading in a quiet space.



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I practised a maths skill.



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I completed my school work at my work space.



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I talked to my family about my day and how I am feeling.

I asked them about their day.



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I helped with a household job and talked to my family

while I did it.



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I contacted my friends.



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I spent some time on my hobby.



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My parent/carer told me what I did well.



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My goal: