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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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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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 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: