

Building Routines at Home

Use the list below to help you identify activities or tasks kids do regularly

Personal Care

- Use the bathroom
- Wash up/Bath/shower/teeth & hair
- Put on clothes
- Bed Time: _____

Meals

Academic/School Time

Exercise

Chores & Housekeeping

Worship/Prayer/Meditation

Creative Time

Chill/Quiet Time/Reading

Family Fun

Social Time

Free Choice

Other: _____

Other: _____

Other: _____

Other: _____

Morning tasks & activities that should happen
<ul style="list-style-type: none"> • Wake up time: _____ • • • • • •

Afternoon/Afterschool tasks & activities that should happen
<ul style="list-style-type: none"> • • • • • • •

Evening tasks & activities that should happen
<ul style="list-style-type: none"> • • • • • • • • Bed time at: _____