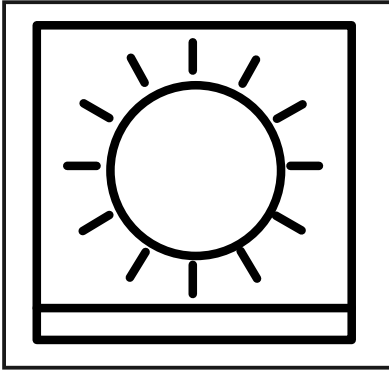
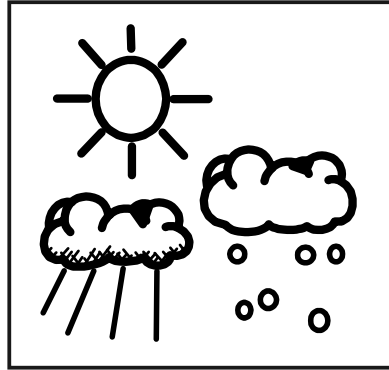


# My Day Planner

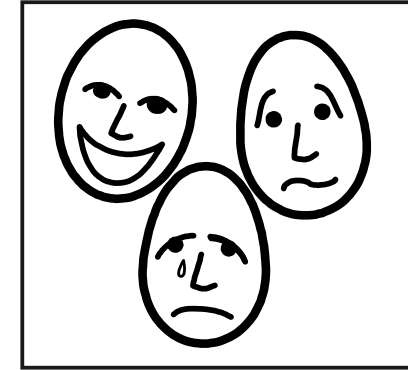
Today is:



The weather is:



I feel:



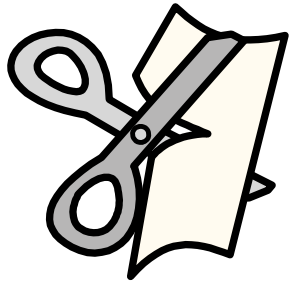
Today I will:



AM

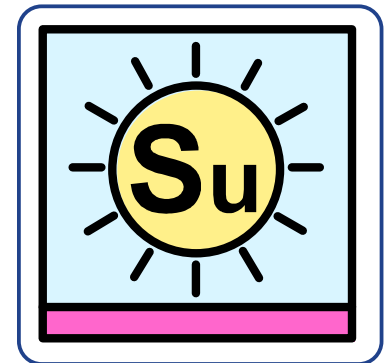
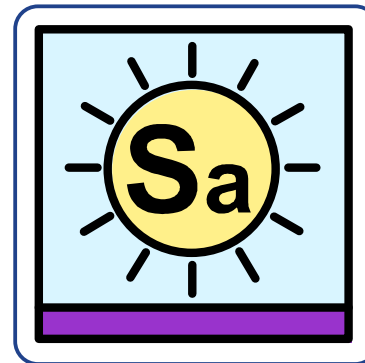
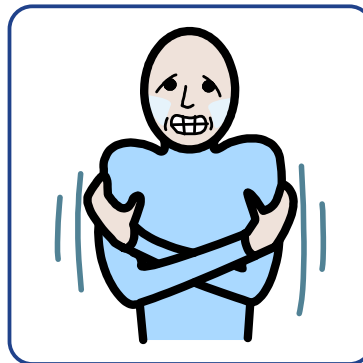
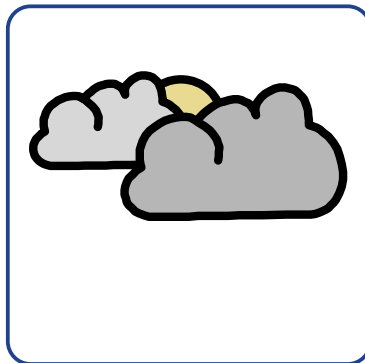
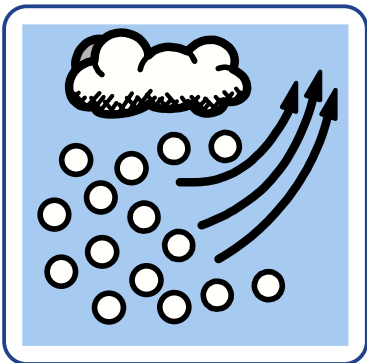
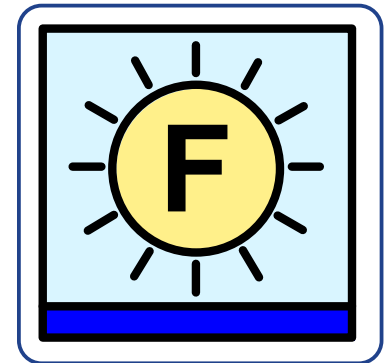
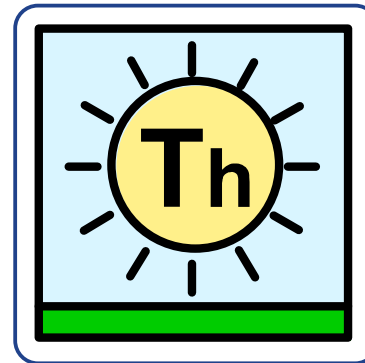
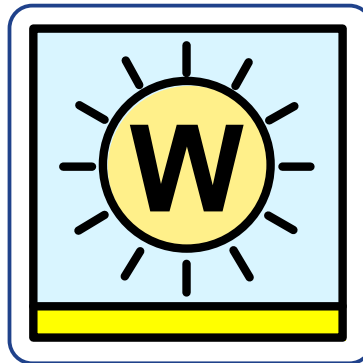
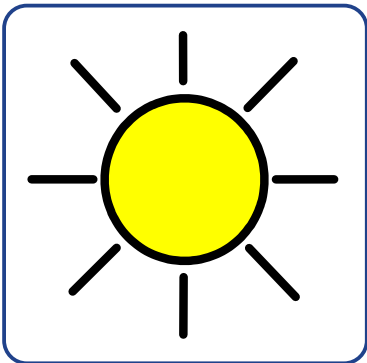
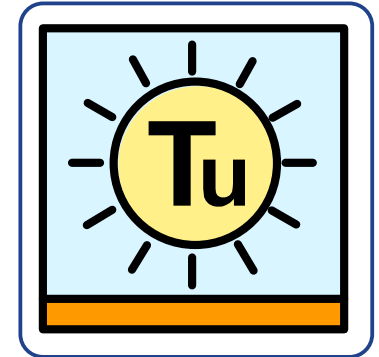
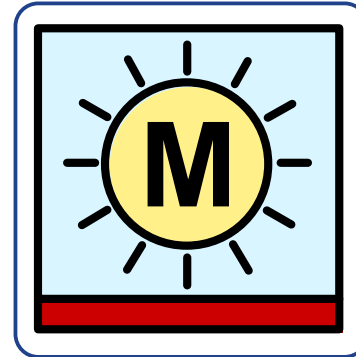


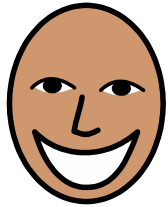
PM

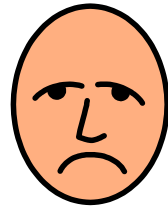
Cut out the cards and use them to:

- identify the day
- identify the weather
- show how you are feeling
- plan your day.

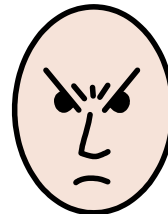




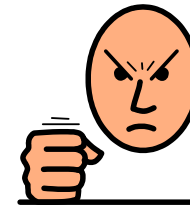
happy



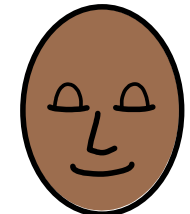
sad



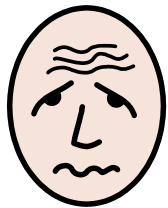
angry



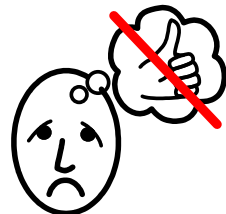
frustrated



calm



worried



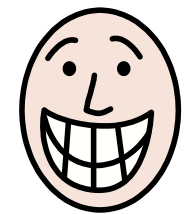
disappointed



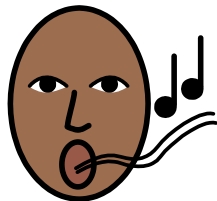
silly



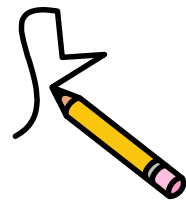
sleepy



excited



sing



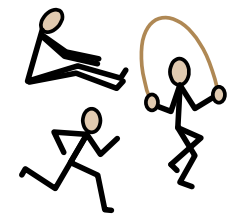
draw



laugh



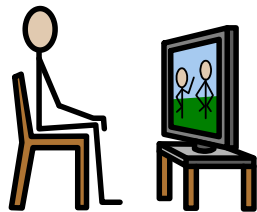
listen to music



exercise



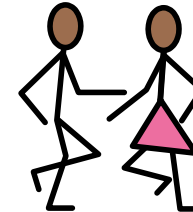
cook



watch TV



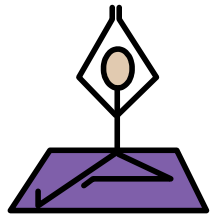
read



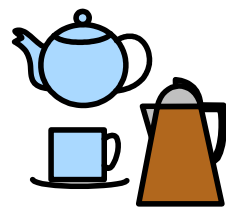
dance



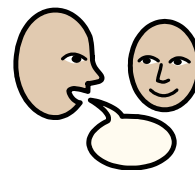
meditate



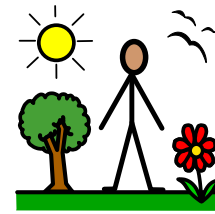
yoga



tea or coffee



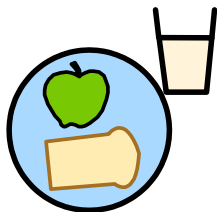
Talk to someone



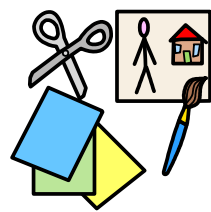
outside



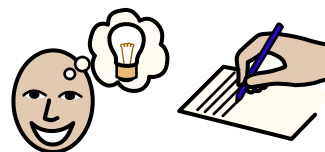
drink



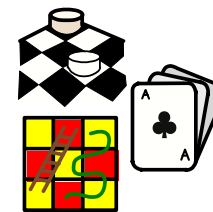
lunch



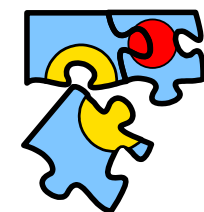
art and craft



Creative Writing



games



puzzles

zoom



Session



Call



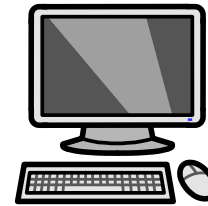
Key Worker



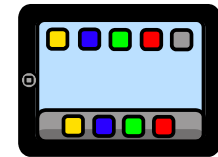
Activity



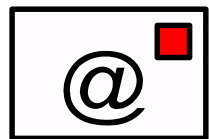
Sheet



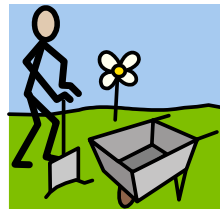
Computer



iPad



Email



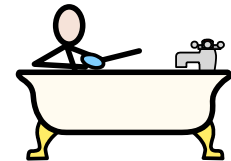
Gardening



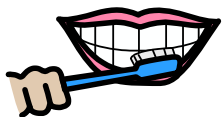
Prayer



Shower



Bath



Brush Teeth



Nap



Word Search



Youtube



Cleaning