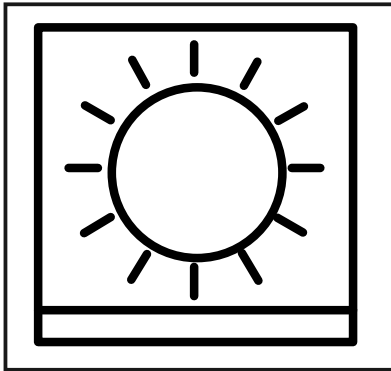
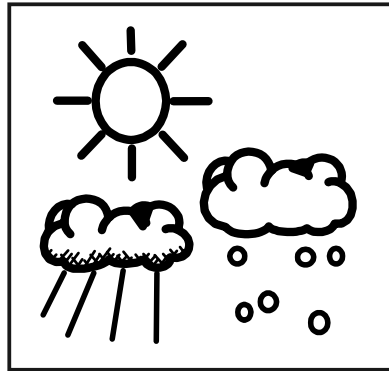


# My Day Planner

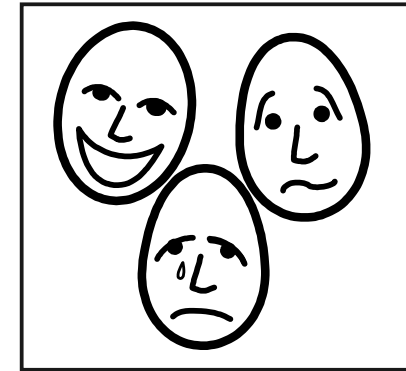
Today is:



The weather is:



I feel:



Today I will:

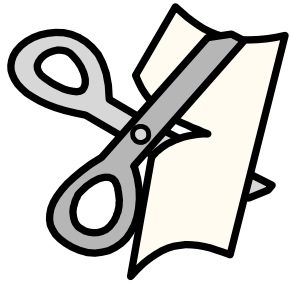


AM



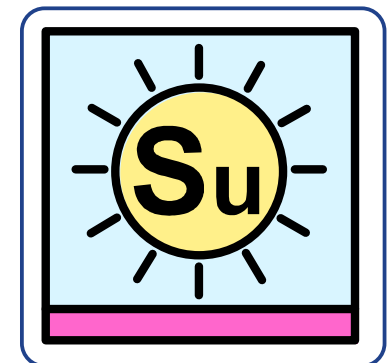
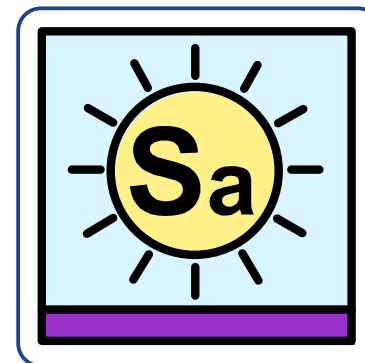
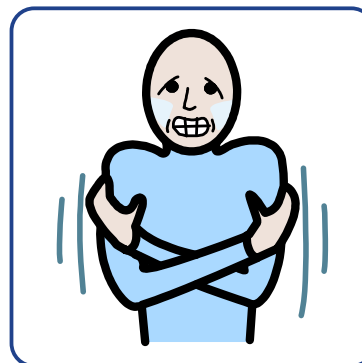
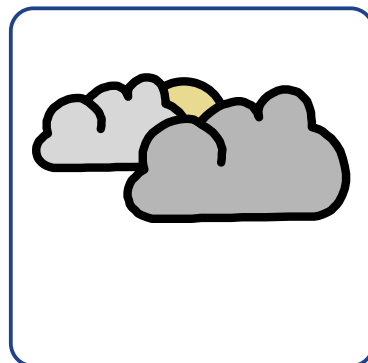
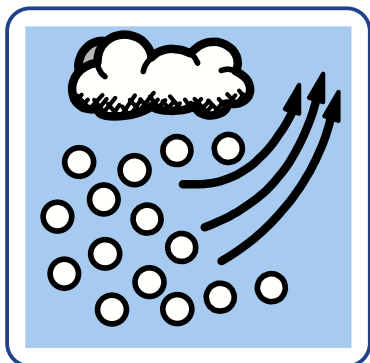
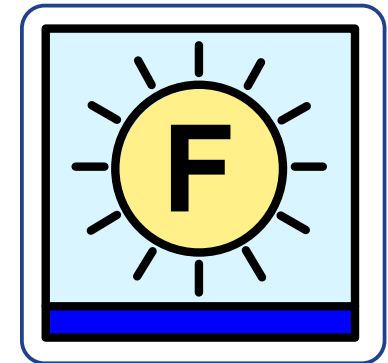
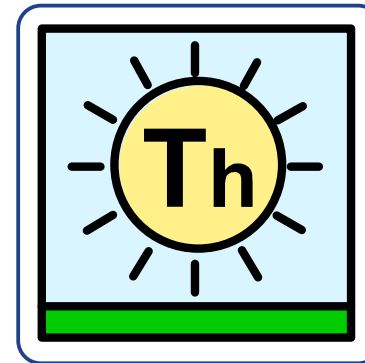
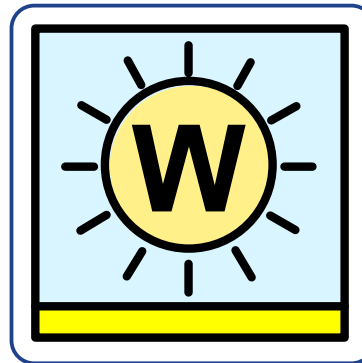
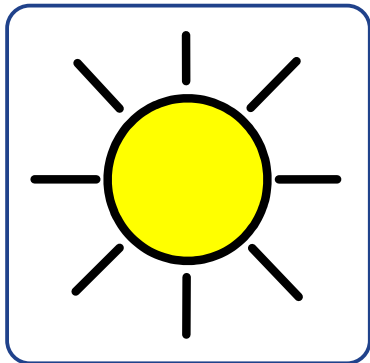
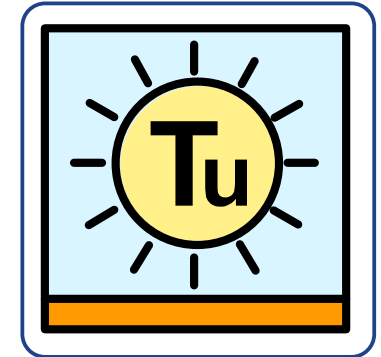
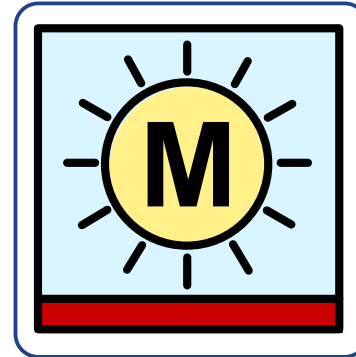
PM

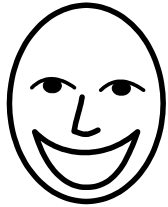
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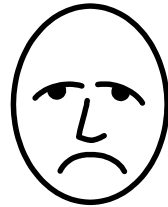
Cut out the cards and use them to:

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

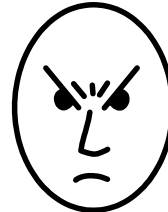




happy



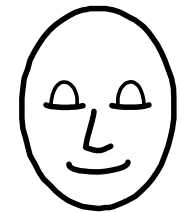
sad



angry



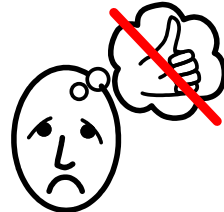
frustrated



calm



worried



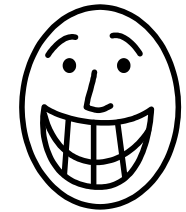
disappointed



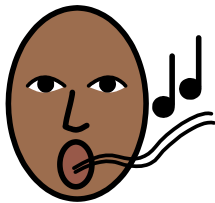
silly



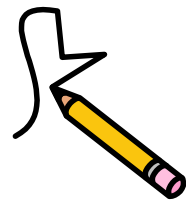
sleepy



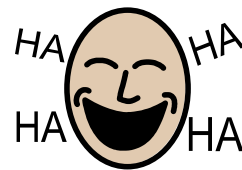
excited



sing



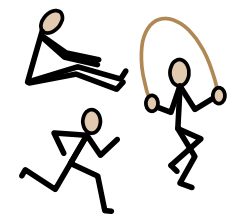
draw



laugh



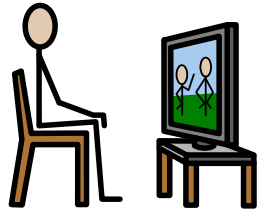
listen to music



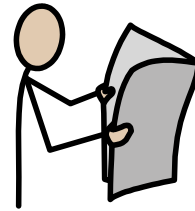
exercise



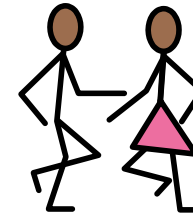
cook



watch TV



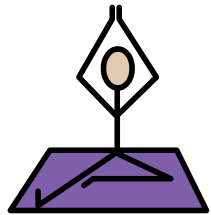
read



dance



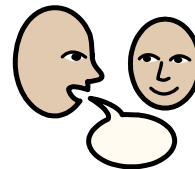
meditate



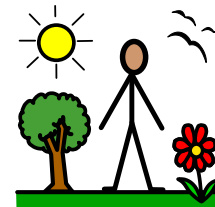
yoga



tea or coffee



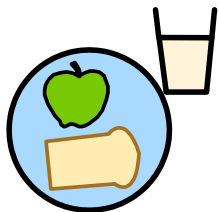
Talk to someone



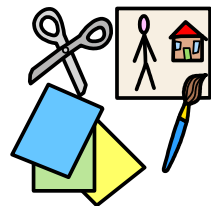
outside



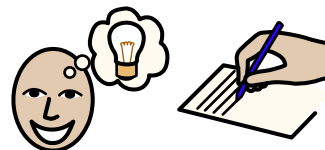
drink



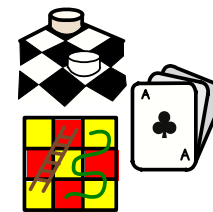
lunch



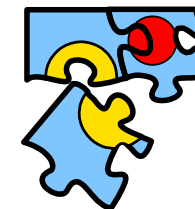
art and craft



Creative Writing



games



puzzles