

Supporting home learning routines—Daily planner



		M	T	W	T	F
	I woke up at a good time					
	I did some exercise.					
	I had regular meals and drank water.					
	I enjoyed some reading in a quiet space.					
	I practised a maths skill					
	I completed some school work at my work space. I chunked it so I had some					
	I talked to my family about my day and how I am feeling. I asked them about					
	I helped with a household job and talked to my family while I did it.					
	I contacted my friends.					
	I spent some time on my creative hobby.					
	My parent/carer told me what I did well.					