

Daily Routine Kit

Make days predictable and calm

Section 1: Sample Weekday Routine

- **07:30 AM:** Wake up & Bathroom routine
- **08:15 AM:** Breakfast
- **09:30 AM:** Get dressed & Travel to AHEAD
- **10:00 AM - 02:30 PM:** School & Therapies
- **03:30 PM:** Rest / Quiet Time
- **05:00 PM:** Sensory Play / Activity
- **08:30 PM:** Dinner & Bedtime preparation

Section 2: Tips for Transitions

Moving from one activity to another can be hard. Try these:

- **Visual Timers:** Use a sand timer or a visual clock app so they *see* time running out.
- **The 5-Minute Warning:** "In 5 minutes, we are turning off the TV and going to the bathroom."
- **Transition Songs:** Sing the same short song every time you clean up or get ready for bed.

My Daily Routine Tracker

Print this page and fill it out together with your child!

Time	Activity	Done! (✓)

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