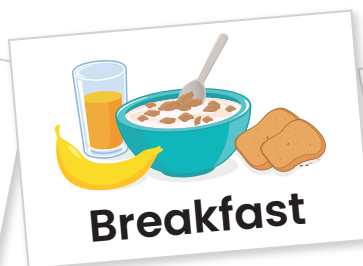


DAILY ROUTINE

Timetable



Children's personal, social and emotional development (PSED)

PSED is crucial for children to lead healthy and happy lives, and is fundamental to their cognitive development. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently.



Instructions:

Ask the children to put stickers onto their timetable to fill out their day. They can then display their school day in their classroom and their weekend at home.

A timetable helps develop children's awareness of their daily routine, and helps them begin to take control of being prepared for their day.



Name: _____

AT SCHOOL



Timetable

	Morning	Morning	Morning	Lunch	Afternoon	Afternoon	Afternoon
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							



Name: _____

MORNING



Timetable

Time							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							



Name: _____

AFTERNNOON



Timetable

Time							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							



Name: _____

EVENING



Timetable

Time							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							



Name: _____

WEEKEND

Timetable



Time						
Saturday morning						
Saturday afternoon						
Saturday evening						
Sunday morning						
Sunday afternoon						
Sunday evening						



Cut out and stick onto the charts



Create your own. Cut out and stick onto the charts



A large grid of dashed lines for cutting out, consisting of 8 columns and 10 rows of squares. A small scissors icon is located at the top left corner of the grid, indicating where to start cutting.

