

# Daily School Self-Care Routine Planner

Day/Date \_\_\_\_\_ Sleep \_\_\_\_\_ Time In \_\_\_\_\_

Time Out Planned \_\_\_\_\_ Actual Time Out \_\_\_\_\_

<p><b>Quiet Time</b></p>	<p><u>What was my morning routine?</u></p>		
<p><b>Intention</b></p>	<p>I want _____ because I would like to be able to _____</p> <p><b>OR</b></p> <p>My intention is to _____ because _____</p> <p><b>OR</b></p> <p>I am _____ so that _____</p> <p><b>OR write your own...</b> _____</p> <hr/> <p><b><u>Opening Routine</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Write intention</li> <li><input type="checkbox"/> Do any "immediate attention" task</li> <li><input type="checkbox"/> Check in on my 'Big 3'</li> <li><input type="checkbox"/> Go over my lessons</li> <li><input type="checkbox"/> Confirm all materials</li> <li><input type="checkbox"/> Check email</li> </ul> <hr/> <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b><u>What are my BIG 3 during my planning/ free time?</u></b></p> <p>1.</p> <p>2.</p> <p>3.</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b><u>What are other major responsibilities/ meetings?</u></b></p> <p><b><u>What can I do during down time?</u></b></p> </td> </tr> </table>	<p><b><u>What are my BIG 3 during my planning/ free time?</u></b></p> <p>1.</p> <p>2.</p> <p>3.</p>	<p><b><u>What are other major responsibilities/ meetings?</u></b></p> <p><b><u>What can I do during down time?</u></b></p>
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<b>Reflection</b>	<p><u>What are THREE good things that happened today?</u></p> <ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol> <p><u>What could I improve?</u></p> <p><u>When did I stop and pause/practice self-care throughout the day?</u></p> <p><u>What is my plan for making tomorrow a great day?</u></p> <p><b>Closing Routine</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Check email</li><li><input type="checkbox"/> Plan "Big 3" for tomorrow</li><li><input type="checkbox"/> Leave a note for anything that needs immediate attention</li></ul>
<b>Transition</b>	<p><u>What will I do to transition from school to home?</u></p>