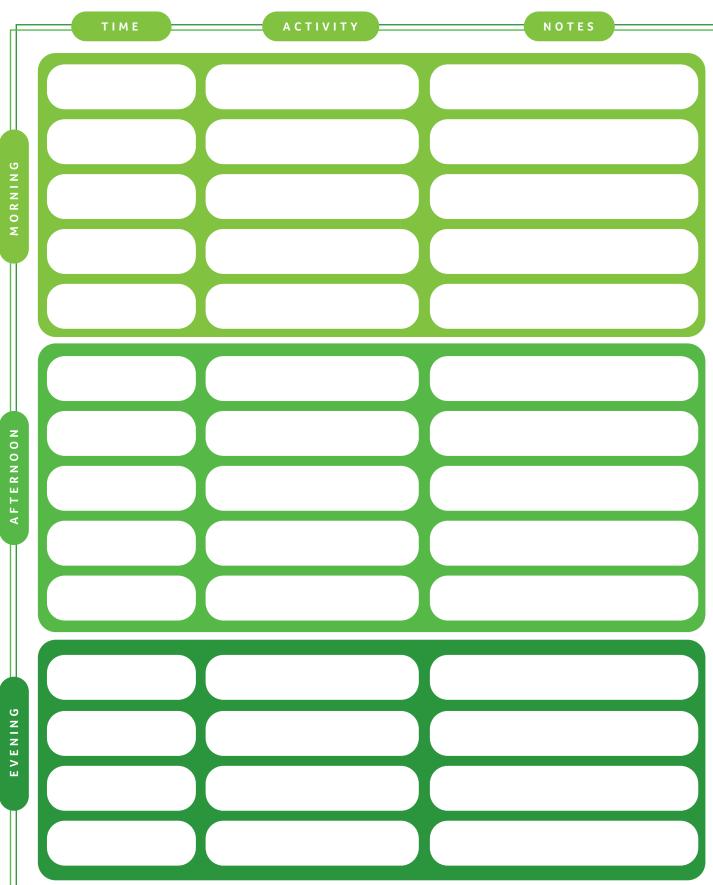
## Your daily schedule!



Call us on 1300 888 378
Email us at ask@cerebralpalsy.org.au
Visit cerebralpalsy.org.au



## Cut out these activities, pick, choose and place on your daily schedule



ACTIVITIES		
Wake up	Wake up	Wake up
Bed time	Bed time	Bed time
Breakfast	Breakfast	Breakfast
Morning tea break	Morning tea break	Morning tea break
Afternoon tea break	Afternoon tea break	Afternoon tea break
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner
Activity time	Activity time	Activity time
Health & Wellbeing	Health & Wellbeing	Health & Wellbeing
Quiet time	Quiet time	Quiet time
Free time	Free time	Free time
Family time	Family time	Family time
Work time	- Work time	- Work time
Coaching	Coaching	Coaching
Therapy	- Therapy	- Therapy

## Your daily schedule!

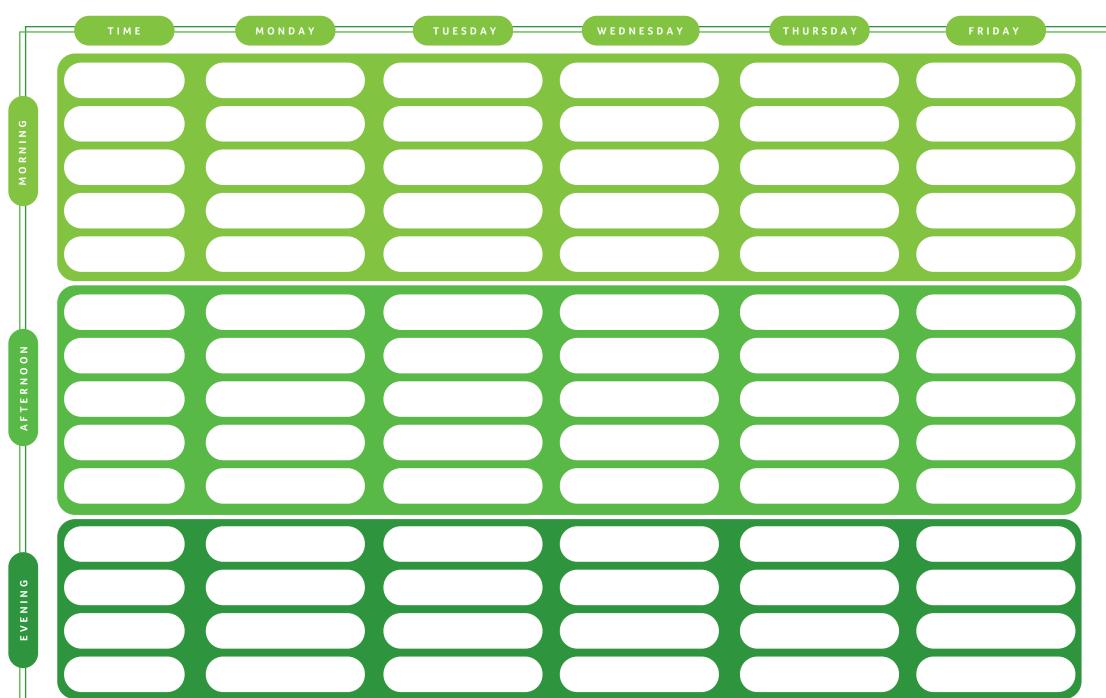
TIME	ACTIVITY	NOTES
7:30-8:00am	Wake up	Time to get up! Start the day right by getting dressed and making your bed!
8:00-8:30am	Breakfast	For nutrition tips, go to cerebralpalsy.org.au/cpaathome
8:30-10:00am	- Work time	Jump online and get started with work
10:00-10:30am	Morning tea break	Time for a break! You might like to take a walk outside or send a friend a text
10:30-12:00pm	- Work time	Break is over! Time to get back to work
12:00-12:30pm	Lunch	For nutrition tips, go to cerebralpalsy.org.au/cpaathome
12:30-1:30pm	Quiet time	Time for some quiet recreation! Read a book, listen to some music, watch TV or a movie
1:30-3:00pm	Activity time	Art, crafts, baking, cooking, exercising, yogachill with some active recreation time
3:00-3:30pm	Afternoon tea break	Opportunity to connect with others! Time to have a chat with your family or friends
3:30-4:30pm	- Therapy	Session with your CPA Occupational Therapist through CPA Telepractice
4:30-6:00pm	- Coaching	Coaching session with your CPA Life Skills Coach through CPA Telepractice
6:00-7:00pm	Dinner	For nutrition tips, go to cerebralpalsy.org.au/cpaathome
7:00-8:00pm	Family time	Time to catch up with the family, over a game, your favourite TV show or funny YouTube videos
8:00pm	Bed time	What a day! Time to chill before bed





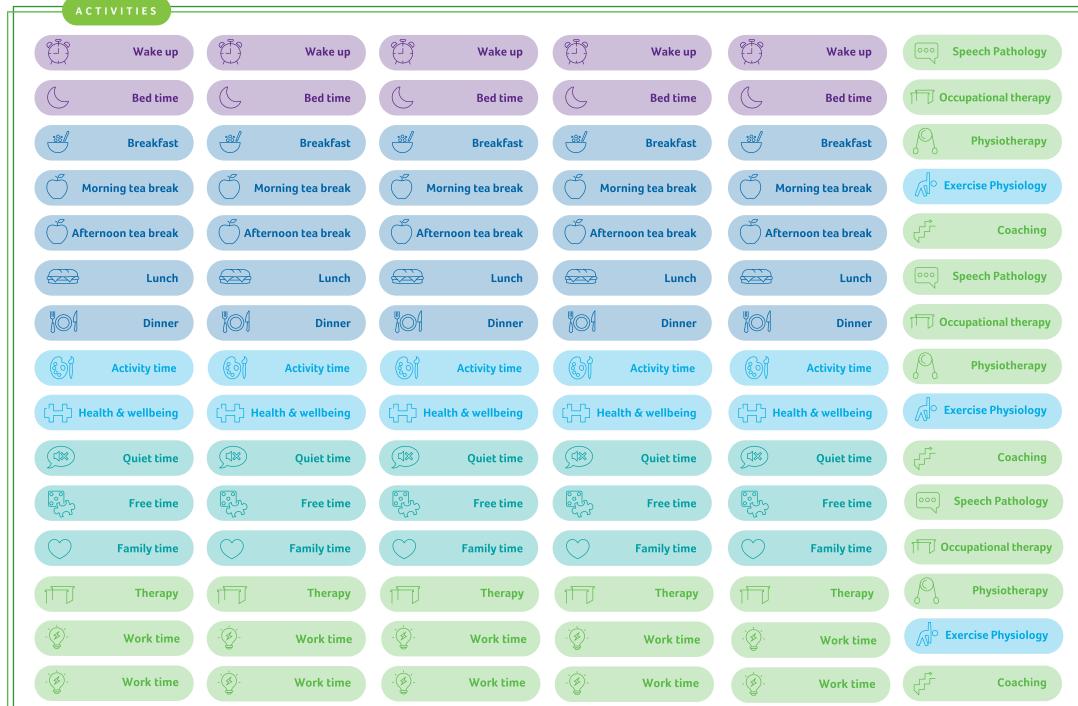
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## Cut out these activities, pick, choose and place on your weekly schedule





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	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:30-8:00am	Wake up	Wake up	Wake up	Wake up	Wake up
S N -	8:00-8:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
MORNING	8:30-10:30am	Exercise Physiology	Occupational therapy	Work time	Work time	Work time
	10:30-11:00am	Morning tea break	Morning tea break	Morning tea break	Morning tea break	Morning tea break
	11:00-12:00pm	Work time	· Work time	Work time	• Work time	Coaching
	12:00-1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
z 0 0	1:00-2:00pm	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time
A F T E R N O O N	2:00-3:00pm	- Work time	Work time	Activity time	Activity time	Activity time
<b>▼</b>	3:00-3:30pm	Afternoon tea break	Afternoon tea break	Afternoon tea break	Afternoon tea break	Afternoon tea break
	3:30-4:30pm	- Work time	Work time	Health & wellbeing	Activity time	Activity time
	4:30-6:00pm	Free time	Free time	Free time	Free time	Free time
9 N	6:00-7:00pm	Dinner	Dinner	Dinner	Dinner	Dinner
EVENING	7:00-8:00pm	Family time	Family time	Family time	Family time	Family time
	8:00pm	Bed time	Bed time	Bed time	Bed time	Bed time