

Your daily schedule!

	TIME	ACTIVITY	NOTES
MORNING			
AFTERNOON			
EVENING			

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
MORNING	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
AFTERNOON	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, yoga..chill 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
EVENING	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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	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING						
AFTERNOON						
EVENING						

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

ACTIVITIES

 Wake up	 Wake up	 Wake up	 Wake up	 Wake up	 Speech Pathology
 Bed time	 Bed time	 Bed time	 Bed time	 Bed time	 Occupational therapy
 Breakfast	 Breakfast	 Breakfast	 Breakfast	 Breakfast	 Physiotherapy
 Morning tea break	 Morning tea break	 Morning tea break	 Morning tea break	 Morning tea break	 Exercise Physiology
 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Coaching
 Lunch	 Lunch	 Lunch	 Lunch	 Lunch	 Speech Pathology
 Dinner	 Dinner	 Dinner	 Dinner	 Dinner	 Occupational therapy
 Activity time	 Activity time	 Activity time	 Activity time	 Activity time	 Physiotherapy
 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Exercise Physiology
 Quiet time	 Quiet time	 Quiet time	 Quiet time	 Quiet time	 Coaching
 Free time	 Free time	 Free time	 Free time	 Free time	 Speech Pathology
 Family time	 Family time	 Family time	 Family time	 Family time	 Occupational therapy
 Therapy	 Therapy	 Therapy	 Therapy	 Therapy	 Physiotherapy
 Work time	 Work time	 Work time	 Work time	 Work time	 Exercise Physiology
 Work time	 Work time	 Work time	 Work time	 Work time	 Coaching

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	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	7:30-8:00am	Wake up	Wake up	Wake up	Wake up	Wake up
	8:00-8:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	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
AFTERNOON	12:00-1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
	1:00-2:00pm	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time
	2:00-3:00pm	Work time	Work time	Activity time	Activity time	Activity time
	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
EVENING	4:30-6:00pm	Free time	Free time	Free time	Free time	Free time
	6:00-7:00pm	Dinner	Dinner	Dinner	Dinner	Dinner
	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