



# Your daily schedule!

	TIME	ACTIVITY	NOTES
MORNING			
AFTERNOON			
EVENING			

Call us on 1300 888 378

Email us at [ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au)

Visit [cerebralpalsy.org.au](http://cerebralpalsy.org.au)

**GET SUPER  
LEARNING**

# 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
 Creative time	 Creative time	 Creative 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
 Therapy	 Therapy	 Therapy
 Superlearning time	 Superlearning time	 Superlearning time
 Superlearning time	 Superlearning time	 Superlearning time



# Your daily schedule!

	TIME	ACTIVITY	NOTES
MORNING	7:30-8:00am	<b>Wake up</b>	Time to get up! Start the day right by making your bed and getting dressed!
	8:00-8:30am	<b>Breakfast</b>	Check out the latest nutrition tips at <a href="http://cerebralpalsy.org.au/cpaathome">cerebralpalsy.org.au/cpaathome</a>
	8:30-10:00am	<b>Superlearning time</b>	Jump online and get started with school work
	10:00-10:30am	<b>Morning tea break</b>	Time for some fresh air! Why not play outside?
	10:30-12:00pm	<b>Creative time</b>	Art, music, gardening, cooking or baking, your creative options are endless
AFTERNOON	12:00-12:30pm	<b>Lunch</b>	Check out the latest nutrition tips at <a href="http://cerebralpalsy.org.au/cpaathome">cerebralpalsy.org.au/cpaathome</a>
	12:30-1:30pm	<b>Quiet time</b>	Grab a book or have a quick nap so you are recharged for an afternoon of Superlearning!
	1:30-3:00pm	<b>Superlearning time</b>	Catch up on homework
	3:00-3:30pm	<b>Afternoon tea break</b>	Missing friends and family? Time to give them a call
	3:30-4:30pm	<b>Health &amp; Wellbeing</b>	Session with CPA Exercise Physiologist through CPA Telepractice
EVENING	4:30-6:00pm	<b>Therapy</b>	OT session with your CPA Occupational Therapist through CPA Telepractice
	6:00-7:00pm	<b>Dinner</b>	Check out the latest nutrition tips at <a href="http://cerebralpalsy.org.au/cpaathome">cerebralpalsy.org.au/cpaathome</a>
	7:00-8:00pm	<b>Family time</b>	Time to catch up with the family, over a game or your favourite TV show
	8:00pm	<b>Bed time</b>	What a big day! Story time and Zzzz

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CPASUPERLEARNER

	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	 Speech Pathology
 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Occupational therapy
 Lunch	 Lunch	 Lunch	 Lunch	 Lunch	 Physiotherapy
 Dinner	 Dinner	 Dinner	 Dinner	 Dinner	 Exercise Physiology
 Creative time	 Creative time	 Creative time	 Creative time	 Creative time	 Exercise Physiology
 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Exercise Physiology
 Quiet time	 Quiet time	 Quiet time	 Quiet time	 Quiet time	 Speech Pathology
 Free time	 Free time	 Free time	 Free time	 Free time	 Occupational therapy
 Family time	 Family time	 Family time	 Family time	 Family time	 Physiotherapy
 Therapy	 Therapy	 Therapy	 Therapy	 Therapy	 Speech Pathology
 Superlearning time	 Superlearning time	 Superlearning time	 Superlearning time	 Superlearning time	 Occupational therapy
 Superlearning time	 Superlearning time	 Superlearning time	 Superlearning time	 Superlearning time	 Physiotherapy

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CPASUPERLEARNER

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	Superlearning time	Superlearning time	Superlearning time	Superlearning time	Superlearning time
	10:30-11:00am	Morning tea break	Morning tea break	Morning tea break	Morning tea break	Morning tea break
	11:00-12:00pm	Occupational therapy	Creative time	Creative time	Creative time	Physiotherapy
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	Superlearning time	Superlearning time	Speech Pathology	Superlearning time	Superlearning time
	3:00-3:30pm	Afternoon tea break	Afternoon tea break	Afternoon tea break	Afternoon tea break	Afternoon tea break
	3:30-4:30pm	Creative time	Exercise Physiology	Superlearning time	Health & wellbeing	Creative 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