

# Keeping a Daily Routine

Things we do every day:

- Get dressed
- Wash (shower/bath) routine
- Eat a balanced diet

Do something to  
*move your body*  
from this list

*Go for a walk*  
*Go on your bike/scooter*  
*Jump on the trampoline*  
*Do an online class*  
*Build something big*  
*Vacuum or sweep*  
*Dance like no one is watching*

Do something to  
*use your brain*  
from this list

*Do a puzzle*  
*Solve a crossword*  
*Read a book/comic*  
*Invent something*  
*Bake a cake*  
*Create something*  
*Play a board game*  
*Play a card game*  
*Teach yourself a new skill*  
*Play an instrument*  
*Make up rhymes*

Do something to  
*have fun*  
from this list

*Play a game*  
*Screen time*  
*Watch a movie*  
*Make something*  
*Hang out online*  
*Call a friend*  
*Make up a silly dance*