

Name: \_\_\_\_\_

## My WE Super 7 Schedule

Week of: \_\_\_\_\_

Grade: \_\_\_\_\_ Room #: \_\_\_\_\_

[It is important to establish a daily routine]

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>[For each day of the week, note down (write, draw, etc.) one or more activities you did for each of the 7 sections]</b>						
<b>POSITIVE FAMILY RELATIONSHIPS</b> Talk with each other Help at home/Chores Play together Eat meals together							
<b>PERSONAL TIME</b> Do something YOU ENJOY! Positive thoughts Reflection							
<b>KEEP CLEAN</b> Wash hands Brush teeth/hair Take a bath Wear clean clothes							
<b>EAT HEALTHY</b> Drink water 3 balanced meals Fruits/Veggies Healthy snacks							
<b>GET ACTIVE / MOVE</b> Exercise, Walk/Run Play, Dance, Yoga HAVE FUN!							
<b>BRAIN POWER</b> Read, Write, Draw Do Puzzles/Math games Experiment Learn something new							
<b>REST</b> Take time to relax/rest Quiet time Good nights sleep							