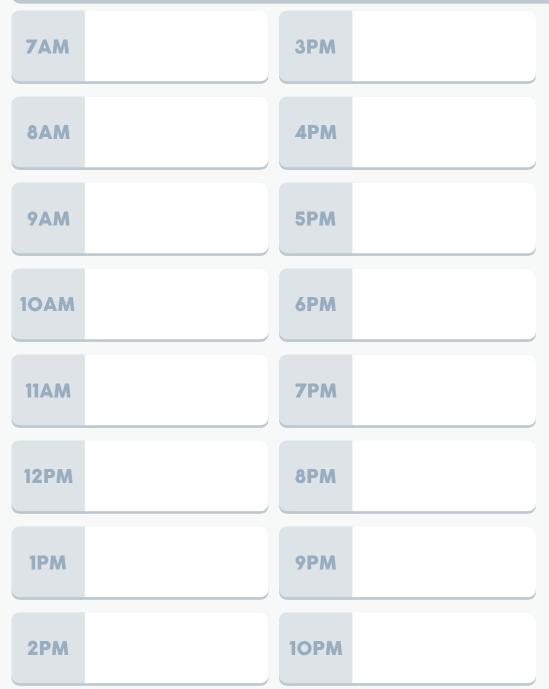


MY SUPER SCHEDULE

A schedule can help you make sure that you are staying balanced, sticking to a healthy routine, and taking good care of yourself. Use this tool to plan out your day. Do your best to include one activity of each category. The examples are there to help!





What is the first thing you will do as you wake up to start your day off right?

- Stretch
- Journal
- ✓ Play Music
- Exercise

Be Active!

How will you get your body active and moving today?

- Play
- Dance
- **✓** Go Walk
- Do Yoga



What healthy foods will you eat today in order to keep your body strong?

- Main Meals Drink Water
- Snacks
- Cook

123 Get Curious!

What something new that you can you teach vourself today?

- Schoolwork Language
- **Experiments** Instrument



How can you spend quality time with your family and loved ones?

- Talk
- Watch Movies
- ✓ Play A Game ✓ Family Meal

Aa Read & Relax.

How can you create your very own moment of Zen today?

- Read Books Write
- Meditate
- Draw/Paint



How can you keep yourself feeling clean and refreshed today?

- Shower
- Clean Room
- ODO Laundry Brush Teeth



How can you make sure you get the best night's sleep tonight?

- ✓ Make Bed
- ✓ Nap
- ✓ No Screens
- Do Routine

Stay Healthy, Stay Safe! ThePhysicalEducator.com