

Self-Care PLANNER

3:00	
3:30	
4:00	
4:30	
5:00	
5:30	
6:00	
6:30	
7:00	
7:30	
8:00	

NOTES

Self-Care PLANNER

3:00

Snack

3:30

Play Outside

4:00

4:30

Do Something Creative

5:00

5:30

Dinner

6:00

Dance Class

6:30

7:00

7:30

Take a Shower

8:00

NOTES

Get Social Studies Test Signed