

## LEARNING ACTIVITY SCHEDULES AND ROUTINES

## MY DAY

Activity overview: In this activity, we'll identify then explore the role of schedules and routines in our own lives.

**Directions:** In column one, write out the activities you normally complete on a workday from the time you wake up until you go to bed. In column two, write out what you usually do on a non-work day.

Workday	Non-workday

