

Daily Activities Checklist



MARK WITH A PENCIL THE ACTIVITIES
YOU HAVE DONE TODAY!

- BRUSH TEETH, WASH FACE, BRUSH HAIR
- EAT BREAKFAST
- FAMILY CIRCLE TIME
- ORGANIZED ACTIVITIES (HOMEWORK,
ASSIGNMENT, CRAFT, ART ETC)
- LUNCH
- QUIET TIME
- EXERCISE/DANCE/MOVEMENT
- SNACK
- PLAY TIME
- OUTDOOR TIME
- READING TIME
- DINNER
- GIVE A HUG TO EVERYONE
- FAMILY MOVIE/FAMILY ACTIVITY
- GET READY FOR BED

