AM

Morning Routine

wake up	get out of bed	shower	wash hair	brush teeth	put on deodorant

EXAMPLE

comb hair	wash face	get dressed	pack lunch	pack bag	eat breakfast
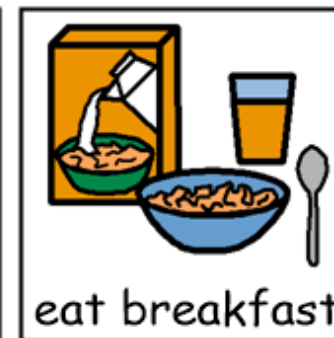
AM

Morning Routine

Morning Routine Symbols
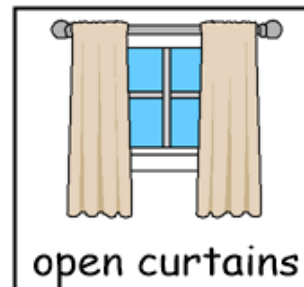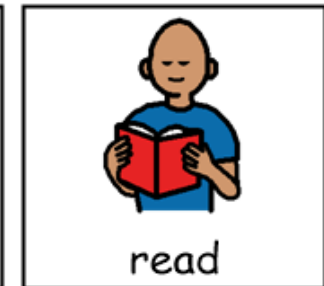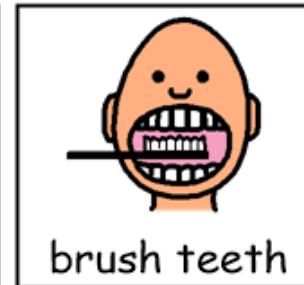
AM

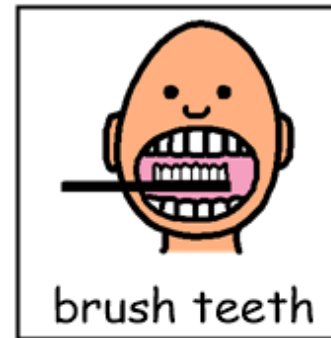|					
wake up	get out of bed	shower	wash hair	brush teeth	put on deodorant
comb hair	wash face	get dressed	pack lunch	pack bag	eat breakfast
get dried	choose clothes	wash body	iPad	go for a run	read
listen to music	drink	do chore	open curtains	make bed	

Communication Friendly @SchoolsNlc

PM

Afternoon Routine

PM
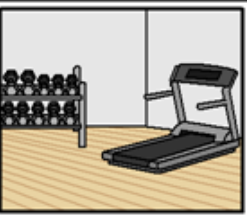
Afternoon Routine Symbols

do homework	go for a walk	help prepare dinner	eat dinner	unpack bag	spend time with friends
family time	go to club	go to the shops	watch TV	charge devices	hobbies
exercise	go for a drive	go to the gym	iPad	go for a run	read
listen to music	drink	do chores	gaming	have a snack	

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Night Routine

Night Routine Symbols
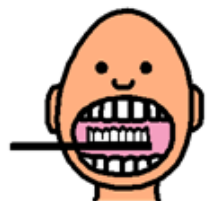
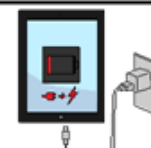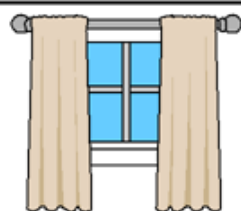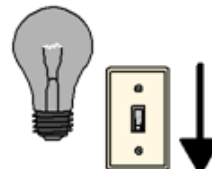|					
brush teeth	shower	go for a bath	wash hair	comb hair	put on pyjamas
set alarm	tidy up	go to bed	watch TV	turn off charger	choose clothes for tomorrow
lock outside doors	close windows	close curtains	iPad	exercise	read
listen to music	drink	prepare lunch for tomorrow	turn off lights	have a snack	