1/4

Morning Schedule Strips

Desk-sized • Print & Cut

Cut along the cards and place on your desk for a clear visual day plan.

WAKE UP

6:30–7:30

- Alarm / Wake
- Bathroom
- Wash Face
- Get Dressed
- Make Bed

BREAKFAST

7:30–8:15

- Eat Breakfast
- Take Meds
- Pack Bag
- Check Schedule

READY

8:15–8:45

- Brush Teeth
- Hair / Shoes
- Water Bottle
- Leave Home

TRAVEL

8:45–9:15

- Bus / Car / Walk
- Arrive Safely
- Put Bag Away
- Settle In

How to use:

Print in color → cut each strip → place on desk in order. Laminate for reuse with dry-erase markers.

2/4

Daytime Schedule Strips

School / Work / Home

Use these strips for structured daytime blocks.

FOCUS

9:15–11:00

Main Task / Class | Deep Work | Stay on Task | Ask for Help

BREAK

11:00–11:20

Snack | Drink Water | Move Body | Quiet Reset

FOCUS 2

11:20–13:00

Next Task / Class | Group Work | Independent | Finish Goals

LUNCH

13:00–13:45

Eat Lunch | Rest Eyes | Chat / Alone Time | Prepare Afternoon

AFTERNOON

13:45–15:30

Final Tasks | Homework Start | Clean Space | Pack to Go

3/4

Evening Schedule Strips

Wind-Down & Rest

Calm evening flow for predictable transitions.

HOME

15:30–16:30

- Arrive Home
- Change Clothes
- Snack
- Decompress

TASKS

16:30–18:00

- Homework / Chores
- Practice
- Free Choice
- Help Family

DINNER

18:00–19:00

- Help Prepare
- Eat Together
- Clear Table
- Wash Hands

WIND DOWN

19:00–20:30

- Bath / Shower
- Pajamas
- Brush Teeth
- Quiet Time

BEDTIME

20:30–21:00

- Story / Music
- Lights Low
- Goodnight
- Sleep

Blank & Custom Strips

Make Your Own

Write your own times and activities. Laminate and reuse.

MORNING

MIDDAY

AFTERNOON

EVENING

CUSTOM

Print • Cut • Laminate • Use daily • Desk-sized for easy viewing