



































































































# My School Day

Date:





























































Schedule	Where	What	Overall, energy needed	Overall, my energy level was	Tools I Used
<b>Starting my Day</b>	Homeroom Outside  Speech office OT gym  Resource classroom Gym  Different classroom Desk  Hallway  <i>Other places:</i>	 Morning Announcements/ Pledge of Allegiance   Locker   Calendar   Bathroom  <i>Other activities:</i>	<div>   </div> <div>   </div> <div>   </div> <p><i>I don't know</i></p>	<div>   </div> <div>   </div> <div>   </div> <p><i>I don't know</i></p> <p><i>Anything else:</i></p>	 Help from others   Fidgets/handheld   Stretching   Schedule  <i>Other tools / supports:</i>
<b>Morning Block</b>	Homeroom Outside  Speech office OT gym  Resource classroom Gym  Different classroom  <i>Other places:</i>	<div>  Math            Technology         </div> <div>  Writing            Music         </div> <div>  Library    Reading    PE    Art    I learned:   <i>Other activities:</i> </div> <div> <i>My job:</i> </div>	<div>   </div> <div>   </div> <div>   </div> <p><i>I don't know</i></p>	<div>   </div> <div>   </div> <div>   </div> <p><i>I don't know</i></p> <p><i>Anything else:</i></p>	 Help from others   Fidgets/handheld   Stretching   Schedule  <i>Other tools / supports:</i>

# My School Day

Date:

<p><b>Lunch Block</b></p>	<p>Classroom</p> <p>Cafeteria</p> <p>Different classroom</p> <p><i>Other places:</i></p>	<p> Ate</p> <p> Drank</p> <p> Talked</p> <p><i>Other activities:</i></p>	<div>   </div> <div>   </div> <div>   </div> <p><i>I don't know</i></p>	<div>   </div> <div>   </div> <div>   </div> <p><i>I don't know</i></p> <p><i>Anything else:</i></p>	<p> Help from others</p> <p> Fidgets/handheld</p> <p> Stretching</p> <p> Schedule</p> <p><i>Other tools / supports:</i></p>
<p><b>Afternoon Block</b></p>	<p>Homeroom</p> <p>Outside</p> <p>Speech office</p> <p>OT gym</p> <p>Resource classroom</p> <p>Gym</p> <p>Different classroom</p> <p><i>Other places:</i></p>	<div>  Math          Technology       </div> <div>  Writing          Music       </div> <div>  Library         <i>My job:</i> </div> <div>  Reading       </div> <div>  PE       </div> <div>  Art       </div> <div>  I learned:       </div> <p><i>Other activities</i></p>	<div>   </div> <div>   </div> <div>   </div> <p><i>I don't know</i></p>	<div>   </div> <div>   </div> <div>   </div> <p><i>I don't know</i></p> <p><i>Anything else:</i></p>	<p> Help from others</p> <p> Fidgets/handheld</p> <p> Stretching</p> <p> Schedule</p> <p><i>Other tools / supports:</i></p>
<p><b>Plans for After School:</b></p>	<p><i>Other Plans:</i></p> <div>  Outside          Video games          Play          Store          TV          Read          Library          Art          Technology       </div>				

My Afternoon/Evening  
Date:

Schedule	Where	What	Overall, energy needed	Overall, my energy level was	Tools I Used
After School	<div>  Outside </div> <div>  Home </div> <div>  Store </div> <div>  Park </div> <div>  Library </div> <div>Other places :</div>	<div>  Video games </div> <div>  Run </div> <div>  Play </div> <div>  Technology </div> <div>  TV </div> <div>  Read </div> <div>  Art </div> <div>  Car ride </div> <div>Other activities:</div>	<div>   </div> <div>   </div> <div>   </div> <div>I don't know</div>	<div>   </div> <div>   </div> <div>   </div> <div>I don't know</div> <div>Anything else:</div>	<div>  Help from others </div> <div>  Fidgets/handheld </div> <div>  Stretching </div> <div>  Schedule </div> <div>Other tools / supports:</div>
Dinner	<div>  Home </div> <div>  Other house </div> <div>  Restaurant </div> <div>  On the road </div> <div>Other places:</div>	<div>  Ate </div> <div>  Drank </div> <div>  Talked </div> <div>Other activities:</div>	<div>   </div> <div>   </div> <div>   </div> <div>I don't know</div>	<div>   </div> <div>   </div> <div>   </div> <div>I don't know</div> <div>Anything else:</div>	<div>  Help from others </div> <div>  Fidgets/handheld </div> <div>  Stretching </div> <div>  Schedule </div> <div>Other tools / supports:</div>
Plans for school tomorrow:	<div>  Read </div> <div>  Library </div> <div>  Art </div> <div>  Technology </div> <div>  Talk </div> <div>  PE </div> <div>  Music </div> <div>  Math </div> <div>Other Plans or ways to prepare:</div>				