

# \_\_\_\_\_’s Shape of the Day

|               |                    |   |
|---------------|--------------------|---|
| 8:00 – 9:00   | Morning Routine    | Wash up, get dressed, make your bed, have breakfast   |
| 9:00 – 10:30  |                    |   |
| 10:30 – 11:00 | Snack and Play     | Snack first, then play  |
| 11:00 – 12:00 |                    |   |
| 12:00 – 12:30 | Lunch              | Help prepare lunch and/or set the table<br><b>Parents:</b> model the behaviour you want to see                                |
| 12:30 – 6:00  |                    |   |
| 6:00 – 7:00   | Dinner as a Family | Help prepare dinner and/or set the table<br>Clean up, help with dishes<br><b>Parents:</b> model the behaviour you want to see |
| 7:00 – 8:00   | Family Time        | Watch a movie, show or play a game together   |
| 8:00          | Bedtime Routine    | Shower, brush teeth, put on PJs<br>Read aloud or read to self<br><b>Absolutely no screens before bed!</b>                     |
| 9:00          | Bedtime            | You should be fast asleep!  |