mooki WELLBEING

10-minute activity

School Timetable

What's on? What do I need?

Name _____ Date _____

My day: .....

	What's on?	What I need	Packed?
1			☐
2			☐
3			☐
4			☐

FOR THE GROWN-UP

Pick one school day. Draw each thing that happens and what the child needs.
Stick it by the door or bed. Check it each evening and morning.

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