

Life Skills: Our Schedule

Use the chart on the next page and work with an adult in your home to plan your family's schedule for the next week. Include at least two people in your home on your schedule. An example might be:

Monday

Me:

Ride bus to school at 7:30 AM

Get home from school on bus at 3:30 PM

Go to karate practice 5PM to 6PM

(Aunt Sarah drives me)

Bath and bed time: 8 PM

Aunt Sarah

Go to work from 8 AM to 4 PM

Take Me to karate practice at 5PM

Get groceries during practice

Pick me up at 6 PM and come home

Bedtime at 10PM

After you complete your schedule, answer the following questions:

1. Was it easy or hard to plan the schedule? Why or why not?
2. Were there any things where one person had to take or drive someone to something? Did that change the schedule for the person driving or going?
3. Do you think schedules are more complicated when there are multiple kids in one home? Why or why not?

Our Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday