

Weekend Planner

<p><u>Activities/Sports:</u></p>	<p><u>To-Do's</u></p> <p>-----</p> <p>-----</p> <p>-----</p>
<p><u>Children's weekend tasks:</u></p>	<p><u>Today Schedule:</u></p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>
<p><u>Weekend Menu:</u></p>	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>
<p><u>Family Rules:</u></p>	<p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p>

Sleep Hygiene Plan

A consistent routine can have a big impact on your sleep! Use this as a guide to develop a healthy sleep hygiene routine of your own!

<p><u>Tips</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoid caffeinated beverages <input type="checkbox"/> Avoid screen 2 hours before ideal sleep time <input type="checkbox"/> Make yourself a "to-do" list in the morning and track progress 	<p><u>Nutrition</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a healthy bedtime snack, <input type="checkbox"/> Eat regularly throughout the day. <input type="checkbox"/> Keep a water bottle with you throughout the day and stay hydrated. 								
<p style="text-align: center;"><u>Exercise</u></p> <p>Move your body and expel your energy every day. Activity releases endorphins which are our bodies "feel good" chemicals and causes us to be physically tired at the end of the day! Some activities for you include;</p> <hr/> <p style="text-align: center;"><u>Today i'm grateful for :</u></p> <p>Think of and/or journal three daily gratitudes as part of your bedtime routine. This helps our brain focus on positive aspects of the day, revisit positive emotions and nurtures our brain's awareness of good!</p>	<p style="text-align: center;"><u>Evening Schedule</u></p> <p>-----</p> <p>5:00pm</p> <p>-----</p> <p>5:30pm</p> <p>-----</p> <p>6:00pm</p> <p>-----</p> <p>6:30pm</p> <p>-----</p> <p>7:00pm</p> <p>-----</p> <p>7:30pm</p> <p>-----</p> <p>8:00pm</p> <p>-----</p> <p>8:30pm</p> <p>-----</p> <p>9:00pm</p> <p>-----</p> <p>9:30pm</p> <p>-----</p> <p>10:00pm</p> <p>-----</p>								
<p style="text-align: center;"><u>Brain Dump</u></p> <p>Keep a journal or notepad by your bed. Schedule time to "dump" all that's bouncing around in your mind that makes it hard to "shut down". This can include questions, thoughts, worries, action items, etc. Any action items can become part of your to-do list tomorrow!</p>	<p style="text-align: center;"><u>Nighttime Strategies</u></p> <table style="width: 100%;"> <tr> <td>Imagery</td> <td>Sounds/White Noise</td> </tr> <tr> <td>Guided Meditation</td> <td>Deep Breathing</td> </tr> <tr> <td>Reading</td> <td>Progressive Muscle Relaxation</td> </tr> <tr> <td>Weighted Blanket</td> <td>Personal Mantra</td> </tr> </table>	Imagery	Sounds/White Noise	Guided Meditation	Deep Breathing	Reading	Progressive Muscle Relaxation	Weighted Blanket	Personal Mantra
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My Mantra: