

Activity planner example: Use of traffic light system

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--|--|--|--|--|--|--|
| 7 am | 7:30 alarm 7:45 out of bed | 7:30 alarm 7:45 out of bed | Sleep | 7:30 alarm 7:45 out of bed | 7:30 alarm 7:45 out of bed | Sleep | Sleep |
| 8 am | Breakfast and self-care – ready for school | Breakfast and self-care – ready for school | 8:30 alarm 8:45 out of bed | Breakfast and self-care – ready for school | Breakfast and self-care – ready for school | 8:30 alarm 8:45 out of bed Breakfast and self-care, relax on couch | 8:30 alarm 8:45 out of bed Breakfast and self-care, relax on couch |
| 9 am | Math | Food technology | Breakfast and self-care – ready for school | Health | P.E | | |
| 10am | English | Food technology | Independent learning at home | Psychology | P.E | Study – 2x 30mins with 5min rest | Study – 2x 30mins with 5min rest |
| 11am | Science | English | Rest on couch | Math | Art | Walk dog | Walk dog |
| 12.00 | Lunch at school | Lunch at school | Lunch at home | Lunch at school | Lunch at school | Lunch and Quiet activity | Lunch and Watch TV |
| 1 pm | Art | Health | Independent learning at home | Travel home from school, snack | Math | Watch soccer team play | Watch TV |
| 2 pm | Travel home from school, snack | Psychology | Independent learning at home | Soccer skills program at home | History | Nap | Kick soccer ball with sibling |
| 3 pm | Revising schoolwork | Travel home from school, snack | Reading in bed | Relax on couch and time with family | Travel home from school, snack | Quiet activity | Study – 2x 30mins with 5min rest |
| 4 pm | Relax on couch and time with family | Relax on couch and time with family | Relax on couch and time with family | Computer games with friends | Walk dog with a friend | Shower and get ready | Drawing |
| 5 pm | Study – 2x 30mins with 5min rest | Soccer training | Phone/computer time - games and | Study – 2x 30mins with 5min rest | Quiet activity | Rest – Reading in bed | Phone/computer time - games and |

| | | | | | | | |
|------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|---------------------------------|----------------------------------|-----------------------------|
| | | | socialising with friends | | | | socialising with friends |
| 6 pm | Dinner and time with family | Dinner and time with family | Dinner and time with family | Dinner and time with family | Dinner and time with family | Dinner and hang out with friends | Dinner and time with family |
| 7 pm | Shower | Shower | Shower | Shower | Shower | | Shower |
| 8 pm | Start to get ready for bed | Start to get ready for bed | Start to get ready for bed | Start to get ready for bed | Start to get ready for bed | | Start to get ready for bed |
| 9 pm | Get into bed 9:30 - sleep | Get into bed 9:30 - sleep | Get into bed 9:30 - sleep | Get into bed 9:30 - sleep | Get into bed - 10 10:30 - sleep | Get into bed - 10 10:30 - sleep | Get into bed 9:30 - sleep |