

**EACH DAY I CAN:**

PLEASE NOTE SHARED AS AN EXAMPLE FOR ILLUSTRATION ONLY. COLLEGES/SETTINGS TO ENSURE IMAGES ARE USED TO COMPLY WITH COPYRIGHT AND WITH APPROPRIATE LICENCES IN PLACE. PLEASE INSERT OWN IMAGES AS APPROPRIATE.

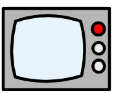
|  |  |
| --- | --- |
| **I can choose** |  |
| **I can be happy and healthy** |  |
| **I can greet my family and carers in my own way** |  |
| **I can stay safe and look after myself** |  |
| **I can help at home in my own way** |  |

**Parents/carers: Please fill in the tables together. You can use words or pictures**

**My Daily List**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **I can choose….** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **I chose my clothes** |  |  |  |  |  |
| **I chose an activity to do with my family: read, craft, spa day** |  |  |  |  |  |
| **I chose my drink** |  |  |  |  |  |
| **I chose something to watch with my family** |  |  |  |  |  |
| **I chose some music to listen to** |  |  |  |  |  |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Newfriars College Logo  **I can be happy and healthy….** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Today I….** |  |  |  |  |  |

**To keep healthy, I can:**

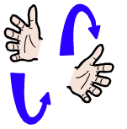
* **Go outside for a short walk or trip in my wheelchair**
* **Go into the garden for 15 minutes**
* **Do 5 minutes of stretching to music**
* **Dance for 5 minutes to music**
* **Eat a healthy snack**
* **Eat some vegetables**
* **Eat a piece of fruit**
* **Play with my pet**
* **Smile or make a happy gesture to somebody**



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| Newfriars College Logo  **I can greet my family and carers in my own way…** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Today I…** |  |  |  |  |  |

**I could:**

* **Sign good morning or good afternoon in my own way**
* **Smile at you**
* **Blink to your question**
* **Wave or reach out to you**
* **Use my voice to get your attention**
* **Use my symbols to tell you what I want**





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| Newfriars College Logo  **I can stay safe and healthy….** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **I washed my hands with help or all by myself** |  |  |  |  |  |
| **I brushed my teeth or let someone brush my teeth** |  |  |  |  |  |
| **I put on an item of clothing with some or no help.** |  |  |  |  |  |
| **I can stretch my arms out to show personal space.** |  |  |  |  |  |
| **I can let you know if something is wrong or I am not happy.** |  |  |  |  |  |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Newfriars College Logo  **I can help at home in my own way….** | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **I listened to my family and /or carers** |  |  |  |  |  |
| **I helped to wash the dishes with my family** |  |  |  |  |  |
| **I gave out instructions to others in my own way** |  |  |  |  |  |
| **I smiled at somebody in my family** |  |  |  |  |  |
| **I sent a message (video or picture) to somebody** |  |  |  |  |  |
| **I held onto an object to help do a job in the home** |  |  |  |  |  |



 **Use this space to add pictures or photos**