

Exploring Routines

Routines help us feel safe, organised and ready for whatever comes next. Let's explore our routines and how they help us every day!

Name: _____

Date: _____

1 What is a routine?

A routine is something we do regularly. Draw or write some examples of routines you have.

	
	

2 My Daily Routine

Write or draw the main things you do each day in order.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

Draw your favourite part of your day!

3 How do routines help me?

Tick the ones that are true for you.

- ☐ Routines help me feel calm.
- ☐ Routines help me know what to expect.
- ☐ Routines help me get things done.
- ☐ Routines help me make healthy choices.
- ☐ Routines help me have time for things I enjoy.
- ☐ Routines help me feel more confident.
- ☐ Something else: _____

4 When routines change...

Sometimes routines change. What might happen?

How might you feel?



What could help you cope with the change?

5 Build a Better Routine

What could you add to your routine to help you feel even better? Draw or write your ideas.

-  Something good for my body _____
-  Something good for my mind _____
-  Something good for my relationships _____
-  Something I enjoy _____
-  Something that helps me relax _____

6 My Routine Plan

Pick one thing you could do to make your routine even better this week.

I will _____

This will help me because _____

When will you try it?

☐ Every day ☐ A few times this week ☐ At the weekend

Who could support you?

Reflection Time

What is one thing you like about your routines? _____

What is one thing you will keep doing? _____

What is one thing you will change or try? _____

Remember: Routines help us today, and build our **resilience** for tomorrow!