

Weekly activity planner

Write your name here: **Bentley Riddle**

Write the start of the week date: **Monday 20 April 2020**
 Write the end of the week date: **Friday 24 April 2020**

Activity time	Monday		Tuesday		Wednesday		Thursday		Friday	
Morning	7:00 9:00 10:00	YouTube exercise Write in my journal Cooking with Aunty	7:00 9:00 10:30	Write in my journal Feelings activity Have a skype call with my friend	7:00 10:00	Take a mindful walk Create a fun music playlist	7:00 9:00	Write in my journal Mindful cooking	8:00 10:00	Take a walk Email a friend
Midday	12:00	Enjoy a healthy lunch	12:00	Enjoy a healthy lunch	12:00	Enjoy a healthy lunch	12:00	Enjoy a healthy lunch	12:00	Enjoy a healthy lunch
Afternoon	2:00	Creation station art	2:00	YouTube learn a new dance move	2:00	Lounge room dance party	2:00	Watch my favourite TV show	2:00	Meditation
Evening	5:00	Meditation	5:00	Take a mindful walk	5:00	Write in my journal	5:00	Take a mindful walk	5:00	Write in my journal

Goal for the week: Complete all of my weekly planner activities

Favourite quote/mantra of the week: I am beautiful inside and out.