



MY WEEKLY PLANNER

Use this weekly planner to help your child prepare for the days ahead and keep track of weekly schedules.

Materials:

seven 6" x 6" squares of colored paper
black marker
colored markers
seven small refrigerator or doughnut magnets
3" x 3" Post-it notes

Directions:

1. Invite your child to help you name the days of the week, starting with Sunday. Print the days across the tops of the seven paper squares, one day per square.
2. Help your child line up the squares in order on your refrigerator door (at child height), starting with Sunday. Use the magnets to hold them in place.
3. Decide together what events to post for the coming week. Talk about the activities coming up that are important to your child, and on which days they will take place. For example, your child might mention daily activities, like going to preschool; once-a-week activities, like soccer practice; and special, one-time events, like a friend's birthday party or a holiday.
4. Using the Post-it notes, invite your child to draw a picture to represent each of the events coming up. Then help post the pictures on their appropriate days.
5. As the days go by, refer to the planner when your child talks about what happened today or yesterday, or as a reminder of what's coming up tomorrow. You can count together how many days before going to the friend's birthday party or Saturday's game. At the end of the week, remove the Post-it notes and start over.

Parent Pointers:

- This activity helps your child measure time, organize events in sequence, track events happening "yesterday," "today," and "tomorrow," and learn the names of the days of the week.
- Use "My Weekly Planner" to help your child gain a sense of control over particularly busy times and experience the benefits of planning ahead.
- When special events are coming up in the following week, make a second planner and post both weeks so your child can count the days.