

Plan a day out in the real world

Circle your choices to help you plan your day.

Morning

Go for a bike ride Tidy your room

Write in a journal Cook breakfast Plan your outfit

Watch the sunrise Read a book

Afternoon

Go to the park Go shopping Listen to music

Go to a museum Play a sport

Draw a picture Do some gardening

Evening

Watch the sunset Go to the cinema Meditate

Cook a meal Write a list of goals Sing a song

Spend time with a pet Drink a herbal tea

