



My Good Day Plan

Good Day

Now

Action

Support

What happens on a Good Day?

Does it happen now?

What needs to happen to make it a Good Day?

Who can help me?

- ❖ Get up on time
- ❖ Eat a good breakfast
- ❖ Leave for school at 7
- ❖ talk with friends
- ❖ Eat lunch outside
- ❖ Do Homework
- ❖ Go to bed at a good time

- ❖ Sometimes
- ❖ Always
- ❖ Sometimes
- ❖ Always
- ❖ Depends
- ❖ Sometimes
- ❖ Sometimes

- ❖ Set alarm for an earlier time
- ❖ Pack everything the night before
- ❖ Weather needs to be good
- ❖ Get home to have time for homework
- ❖ Get in bed earlier

- ❖ Mom, Myself
- ❖ Sister, Myself
- ❖ Weather
- ❖ Myself
- ❖ Myself