

My Week: Reflections



MON

DRAINS

CHARGES

TUES

DRAINS

CHARGES

WED

DRAINS

CHARGES

THURS

DRAINS

CHARGES

My Week: Reflections

FRI

DRAINS

CHARGES

SAT

DRAINS

CHARGES

SUN

DRAINS

CHARGES



My Week: Planning ahead

EXAMPLE

CHARGES: What can I do to charge my battery today?

20 mins reading my book outside - lunchtime

30 mins: playing Mario Kart after school

10 mins: making mum a beautiful hot chocolate when she gets in from her late work shift. One for me too!

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My Week: Planning ahead

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