

Daily Plan #1

Print this daily plan one night and check off the following activities to do the next day!

- Morning time! Wake up, and change out of your pajamas into some clothes**

- Get a healthy breakfast like toast with peanut butter, oatmeal, or cereal!**

- Go on the Kids' Backyard website and find a fun arts and crafts to do or listen to a storytime**

- For lunch today, make yourself a sandwich or a salad**

- Find a good book to read for a little while**

- Get up, and get some exercise! You can find some good workouts on the Kids' Backyard website!**

- Hungry? Go to the Kids' Backyard website to find an easy recipe for a delicious snack**

- After dinner, sit back, and watch a little of your favorite tv show!**