My week

Draw, write or add your own pictures. One small plan at a time.

Week beginning: _____

Monday	My picture or words
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Plans can change. We can update this together.

Make it your own

A few gentle ideas for using your weekly planner.

Start with one familiar activity

You do not need to fill every day. Choose one activity your child knows.

Use pictures or words that mean something

Draw together, write a short phrase or add a photo you have permission to use.

Keep the plan flexible

If something changes, explain it simply and update the page together.

Offer choices and support

Use the page as a shared prompt, not a test, reward chart or demand.

Extra picture spaces

Draw your own reminders here. Cut out only with suitable adult help.

Printing: choose A4 portrait and fit to page. Colour or black-and-white.

Use at home or in your classroom. Do not resell or redistribute the file.

An everyday planning template; not a diagnostic or therapeutic tool.