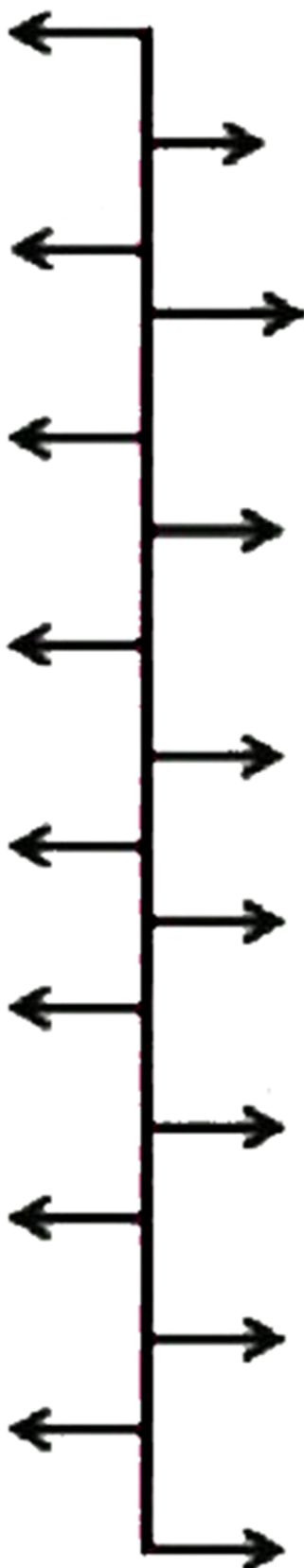
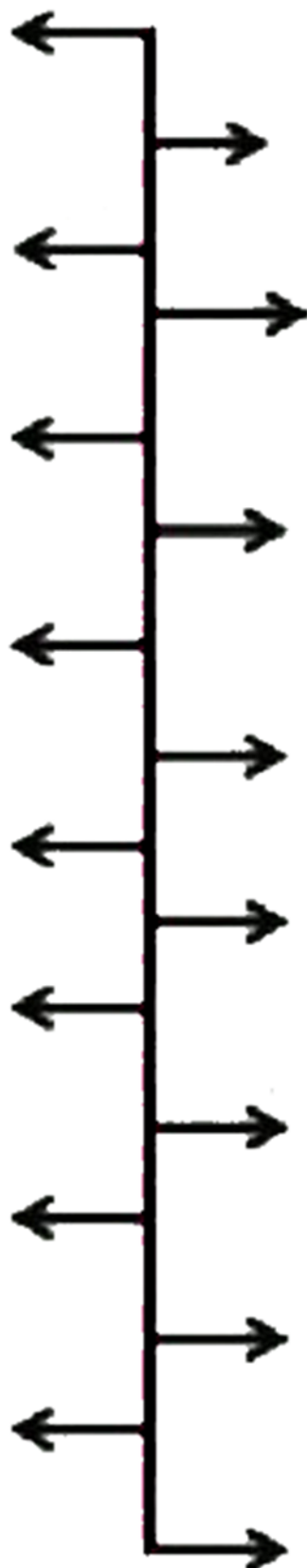


My Typical Day Timeline



John Clare's Typical Day Timeline



My Typical Day Timeline - Example

7am - Get up, wash, clean, teeth, get dressed and have breakfast - cereal/toast

8am - Drop off at school and drive to work

1pm - Lunch - sandwiches/ salad

5pm - Homework

6pm - Watch telly as a family

7pm - Drop off at evening activities e.g Scouts, sports club etc

8.30 - Shower and bed

10pm - Go to bed

7.30am - Walk the dog

8.30am - Arrive at work

4pm - Leave work and drive to school for pick and drive home

5.30pm - Cook and eat dinner - Pasta Bolognese

6.30pm - Walk the dog

8pm - Leave to come home

9pm - Watch telly