



Tool:

Getting to know a child's daily routine

By socialworkerstoolbox.com ©



Preparation:



1. Print out all four sheets on the following pages on a separate piece of paper.
2. Cut out each of the table cells on the next page so that you end up with 40+ individual slips.
3. Take out any of the slips you do not want to use.



Suggestion:



Before printing out the sheet with the slips, rewrite any of the sentences so that you can explore a part of the child's life you are particularly interested in or add more 'funny' slips to make the activity more entertaining for the child.



Instructions:

Ask the child to take each slip one by one, starting with the easier ones to answer, and put it on one of the sheets depending on how often they take part in each activity/complete a particular task/have a particular feeling:

- * Every day
- * Sometimes
- * Never

Recommendation: As they put the slip down, ask the child various questions to find out more about that particular activity and how they experience it.



Brush my teeth	Get into a fight
Go to school	See a friend
Have breakfast	Get a hug
Have lunch	Get a kiss
Have dinner	Laugh
Watch TV	Cry
Have fruit or vegetables	Get shouted at
Eat something nice	Get bullied
Get pocket money	Feel happy
Stay at home alone	Feel sad
Do household chores	Feel scared
Play inside	Get angry
Play outside	Get praised
Read	Put my hands over my ears
Do sports	Ride a cow
Sing	Dress up as a gorilla
Dance	Eat chocolate with ketchup
Take medicine	Stroke a spider
Have fun	Wear all my clothes at once
Do something silly	Smell my feet
Do homework	Have a piggy back ride
Hide	Do a handstand
Play with toys	Feel special
Have a wash	Get bored

A large green circle with a thin white border is centered on a white background. Inside the circle, the words "EVERY DAY" are written in a white, bold, sans-serif font.

EVERY DAY



SOMETIMES



NEVER