DAY OFF · AT HOME

A whole day, no rush

What happens and roughly when. At midday there is a choice.

Morning — the time shows when



08:00
Wake up
Take it easy.

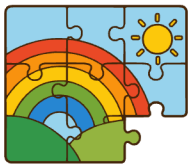


08:30
Breakfast
At the kitchen table.



09:00
Get dressed
Soft clothes.

Midday — choose one



Puzzle
Calm



Bike ride
Some movement



Football
Lots of movement

Afternoon and evening



Tidy the room



Set the table



17:30
Dinner



20:00
Sleep

If something changes, an adult usually says so in good time.

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