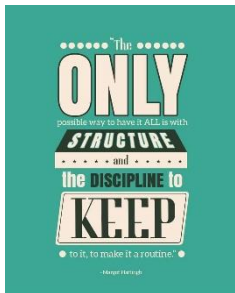


# A Guide to Structure and Routine



Structure and routine in our daily lives is more important than we realise. Why should we have routine?

- It gives us a sense of purpose.
- It keeps us motivated.
- It keeps our mind and body healthy.
- It helps us focus.
- It helps reduce anxiety and increases relaxation.

Some of us need more structure than others but for some of us it makes us feel safe too.

It's not easy to keep to a routine but try not give up. Keep going even when it seems to be unsuccessful to begin with.

It is helpful to have a visual timetable to focus on which can also help to depersonalise demands.

Make the weekend slightly different to the week.

Include different types of activities in your routine and allow an element of choice.

Here's an example of a weekday routine. Try to keep similar timings at the weekend e.g. mealtimes, getting up and going to bed to keep things consistent.

Before 8:30am	Wake up	Get up, get washed, get dressed, make your bed, eat breakfast
9-10 am	Morning walk/exercise	Family walk, exercises in the garden, yoga & mindfulness breathing
10-11 am	Work time	Work provided by school
11-12 am	Creative time	Cooking, Lego, drawing, painting, origami, touch-typing practice
12-12:30 pm	<b>Lunch</b>	
12:30-1:00 pm	Chores	Laundry, dusting, dishes, vacuuming, wiping down surfaces
1-1:30 pm	Quiet activities	Reading, audio book
1:30-2:30 pm	Work time	Work provided by school
2:30-2:45 pm	Snack	In preferred space
2:45-3:45 pm	Work time	Work provided by school
3:45-4:30 pm	Creative time	Help prepare evening meal, Lego
4:30-5:30 pm	Free time	Activity of choice including computer game
5:30-6:30 pm	Diner time	Eat meal & help clear away/wash up
6:30-7:30 pm	Free time	Board game, reading, play in the garden
7:30-8:30 pm	Bedtime preparation	Choose quiet activities. NO Computers
8:30-9:00 pm	Bedtime	Getting ready for bed, calming bath or shower then get into bed

Information partly taken from ADHD Foundation

