

Daily routine

PART 5



IDENTIFY THE DAILY ROUTINE DESCRIBED.

Choose answers from the chart.

Have a snack	Write a journal	Water the plants	Chat with family
Cook breakfast	Check emails	Visit the gym	Do laundry
meditate	Make the bed	Clean the house	Call a friend

1. To look at and respond to emails in.

__ Answer: _____

2. To provide water for growing plants.

__ Answer: _____

3. To prepare the morning meal.

__ Answer: _____

4. To tidy and organize living spaces.

__ Answer: _____

5. To wash and dry clothing and linens.

__ Answer: _____

6. To exercise at a fitness facility.

__ Answer: _____

7. To engage in mindfulness and relaxation exercises.

__ Answer: _____

8. To arrange the sheets and pillows in the morning.

__ Answer: _____

9. To consume a light meal or food between main meals.

__ Answer: _____

10. To converse with a friend over the phone.

__ Answer: _____

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