

Action Calendar

Stability is a feeling we get when things around us are predictable and consistent.

As humans we like to know what's ahead of us and disruptions to this can make us feel unsettled. Usually we get our stability from things which we probably take for granted.

Routines such as getting up, going to school, going home and to different after school activities, hobbies and just about anything that you would expect to see in your typical week, creates that feeling of stability. These might not be things that you always like doing but the fact that you know they will be happening helps you prepare psychologically for the week ahead.

If you find yourself feeling anxious, creating an activity calendar can help build in some extra predictability to your week, try it and see if you notice a difference

Use our example calendar as a guide

Something that involves others
Learn something
Exercise/movement
Something that feels good
Something by yourself

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Listen to music			Cook with Dad		
Youtube Tutorial			Play guitar		Read that new book	



Use this Action calendar to plan your week ahead. By creating a calendar you will create predictability. Fill it by focusing on things that are good for you

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday