



Live Your Why – Afterschool Edition

How do you plan your day or week?

Do you use a schedule, calendar, draw a picture, or just think about it?

Try planning a day or week in a different way than you usually do.

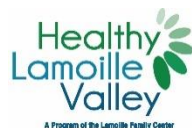
[Check out some of these free planners:](#)

Scan this:



shiningmom.com/free-printable-kids-planner

How can you plan your day or week so it balances what you want to do with what you have to do?



Looking for other ideas to help plan your afternoon? Visit us at www.healthylamoillevalley.org/liveyourwhy