

Name(s) _____

Day In My Life



 Write a personal narrative of your daily routines, activities, and experiences.

Title: _____ Page 1

MORNING

Page 2



What does a morning in your life look like?

- Ideas: What do you do after you wake up? How do you get ready for the day?

AFTERNOON

Page 3



What does an afternoon in your life look like?

- Ideas: What do you do around lunch time? Where do you go?

EVENING

Page 4



What does an evening in your life look like?

- What do you get for dinner? How do you get ready for bed?

CHALLENGES

Page 5



What challenges do you face in your day?

- Examples: tiredness, finding time to exercise, remembering to eat

STRENGTHS

Page 6



What is the highlight of your day?

- Examples: dinner, going outside, calling a friend