**Daily Wellness**

A sample plan for teens with Asperger/autism profiles

Based on original work by AANE parent Melissa K.

Teen chooses one item from each box to complete during the day. Each choice should take about 20 minutes.

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**Personal Hygiene (All)**
- Shower
- Skincare
- Teeth
- Hair

**Physical Health**
- Treadmill
- Walk outside
- Weight training + planking + sit-ups
- Exercise video or yoga w/parent

**Fresh Air + Sunshine**
- Eat meal or afternoon snack outside
- Reading outside
- Gardening or yard work
- Exercise outside

**Nurturing Outside Connections**
- Video call w/family
- Video call w/friend(s)
- Text a friend back & forth

**Personal Growth/Feeding the Mind**
- Watch + discuss a TED video
- Set goals (in writing)
- Therapy appointment
- Watch current events broadcast + discuss w/parent

**Family Time**
- Play cards or board game
- Eat 2 meals w/family
- Walk or bike w/parent
- Watch TV show w/parent
- Bake + clean-up w/parent
- Play video game w/parent

**Caring for Mind/Body/Spirit**
- Meditation using app
- Journaling
- Bedtime routine: Screens off by 9:30 pm, lights out by 10:30, put on relaxing music.

**Making a Home**
- Unload / reload dishwasher
- Clean counters + sweep floors
- Laundry: wash + dry or fold + put away
- Change bed linens w/parent
- Collect & take out trash + recycling
- Cook meal or clean up after a meal
- Clean a room

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