

## Plans in this schedule

- Social Anxiety Plan
- Routine Changes Plan

# SOPHIA'S WEEKLY PRACTICE















Use this worksheet to schedule when you will complete the activities in your plan of action

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Activity:</b>  Eat lunch with a group  With mom's early notice, make a stop at my favorite ice cream shop after school	<b>Activity:</b>  Raise my hand and answer a question in class	<b>Activity:</b>  Math test today! Take a break	<b>Activity:</b>  With mom's early notice, take a different route on the way home that adds 8 minutes	<b>Activity:</b>  Eat lunch with a group  With mom's early notice, make a stop at my favorite art supply store after school	<b>Activity:</b>  Go to Anna's birthday party and join a group conversation	<b>Activity:</b>  Rest day
<b>Motivation booster or points earned:</b>  30 min. extra screen time  Ice cream after school	<b>Motivation booster or points earned:</b>  Start a new anime series I've been wanting to see	<b>Motivation booster or points earned:</b>	<b>Motivation booster or points earned:</b>  Put on a face mask before bed	<b>Motivation booster or points earned:</b>  30 min. extra screen time  Get an art supplies item under \$10	<b>Motivation booster or points earned:</b>  Get a new book	<b>Motivation booster or points earned:</b>

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