



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.

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.**



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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