



My Summer Plan

July 2023

mon	tue	wed	thu	fri	sat	sun
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

August 2023

mon	tue	wed	thu	fri	sat	sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Colour code your planner! This makes it easier to see what's happening.



Planned activities



Time with family/friends



Special days



Me & My FASD Day



How to create your Summer plan

We created these planners for the months of July and August to help you plan your time during the summer.

We have suggestions in the magazine of how you could plan your time on days when there are planned activities, and days you have free time.

You might find it helpful to colour in boxes on the calendar on days there are plans.

We think these categories might help

- Planned activities
- Time with family/friends
- Special days
- Me & My FASD Day

You could add cut out pictures, photographs or maybe draw a picture to add visuals.

You could tick days off each night so you can see how many days of the holidays are left.

It is important to work with your household to create this planner. You should all work together.

Sometimes plans might need to change. The strategies in the magazine can help you prepare.

Do this with your family or a trusted adult



How to create your daily plan

You can also do daily plans.

You can print this from the Me and My FASD website here:



Or you can draw your own on a piece of paper.

Just divide the paper into 3 rectangles - for morning, afternoon and evening.

The image shows a sample of a 'My daily plan' template. It is divided into three horizontal sections: 'morning', 'afternoon', and 'evening'. Each section has a large rectangular area for drawing or writing. The 'morning' section has a small purple cat icon. The 'afternoon' section has a small blue bird icon and a speech bubble that says 'Remember to include your calming strategies!'. The 'evening' section has a small green zzz icon. The template also features the 'ME & MY FASD' logo and the text 'My daily plan for _____'.

