Steady Routine Anchors

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character's morning routine changes often.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Identify small predictable routines and flexible alternatives for disrupted days.

3. What can remain predictable without rigidity?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.