|  | **January 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 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  | Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) |

**THERAPEUTIC VALUES:** *for each activity listed above, place the number(s) that explain the therapeutic benefit(s) of the activity*

 1. Exercise/physical fitness 7. Religious/spiritual growth

 2. Reduce stress/anxiety and increase relaxation 8. Promotes healthy attachment to biological family members

 3. Increase/improve social interaction with peers 9. Promotes healthy attachment to foster parents and/or foster siblings

 4. Increase/improve social interaction with adults 10. Provides opportunity for healthy self-expression/creativity

 5. Educational 11. Promotes self-esteem/opportunity for sense of accomplishment

 6. Outside play 12. Promotes independence/practicing life skills

| ◄  | **February 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 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  |

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| --- |
| Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) |

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 6. Outside play 12. Promotes independence/practicing life skills

| ◄  | **March 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) | 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  |  |

**THERAPEUTIC VALUES:** *for each activity listed above, place the number(s) that explain the therapeutic benefit(s) of the activity*

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 5. Educational 11. Promotes self-esteem/opportunity for sense of accomplishment

 6. Outside play 12. Promotes independence/practicing life skills

| ◄  | **April 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  | 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  | Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) |

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 6. Outside play 12. Promotes independence/practicing life skills

| ◄  | **May 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | 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  | Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) |

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 5. Educational 11. Promotes self-esteem/opportunity for sense of accomplishment

 6. Outside play 12. Promotes independence/practicing life skills

| ◄  | **June 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
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| --- |
| Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) |

 | 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  |  |

**THERAPEUTIC VALUES:** *for each activity listed above, place the number(s) that explain the therapeutic benefit(s) of the activity*

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 6. Outside play 12. Promotes independence/practicing life skills

| ◄ | **July 2017** | ► |
| --- | --- | --- |
|  |  |  |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  |  |  |
| Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) | 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  | **THERAPEUTIC VALUES:** *for each activity listed above, place the number(s) that explain the therapeutic benefit(s) of the activity* 1. Exercise/physical fitness 7. Religious/spiritual growth 2. Reduce stress/anxiety and increase relaxation 8. Promotes healthy attachment to biological family members 3. Increase/improve social interaction with peers 9. Promotes healthy attachment to foster parents and/or foster siblings 4. Increase/improve social interaction with adults 10. Provides opportunity for healthy self-expression/creativity  5. Educational 11. Promotes self-esteem/opportunity for sense of accomplishment  6. Outside play 12. Promotes independence/practicing life skills |

| ◄  | **August 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | 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  | Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials); list the person supervising; list therapeutic value # (see key below) |

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 6. Outside play 12. Promotes independence/practicing life skills

| ◄  | **September 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) | 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  |

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 6. Outside play 12. Promotes independence/practicing life skills

| ◄  | **October 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| 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  |
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| ◄  | **November 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 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  | Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials); list the person supervising; list therapeutic value # (see key below) |

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 6. Outside play 12. Promotes independence/practicing life skills

| ◄  | **December 2017** | ► |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  | 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  | Notes:**Remember to Log**ARD Meetings; doctor, dentist, therapy & psych appointments; church activities; extracurricular activities; recreation/outings/trips; PAL; family visits**Remember to Include**activity; time frame; children participating (if more than one, use initials);list the person supervising; list therapeutic value # (see key below) |

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