

Captain Me Tips and Resources:

How a Daily Planner Helps Children Have a Great Day

Children feel more confident and successful when they have a clear plan for their day. A **daily planner** can help children organize their thoughts, remember important tasks, and stay focused on their goals. When children help complete their own planner, they learn to take an active role in shaping their day.

The Captain Me planner includes simple templates that guide children to think about what matters to them and how they can make positive choices throughout the day.

1. Planning the Day Builds Confidence

The **TODAY'S PLAN** page helps children think about what they want and need to accomplish. Writing down a few important tasks gives children a clear direction for the day.

Planning helps children:

- remember important responsibilities
- stay organized during busy days
- feel prepared and confident

When children make their own plan, they begin to see that **their actions can help create a successful day.**

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FREE
reproducible
activities!



2. Thinking About Choices Builds Self-Control

The **MY CHOICES TODAY** page encourages children to think about the decisions they will make throughout the day. Children learn that their choices influence how things turn out.

This section helps children:

- pause and think before acting
- consider positive options
- take responsibility for their behavior

Over time, children begin to understand that **good choices help them reach their goals.**

3. A Plan for When Things Feel Hard

Every child experiences moments when they feel frustrated or unsure. The **WHEN I'M STUCK** page helps children think ahead about strategies they can use when something feels difficult.

Children may decide to:

- take a deep breath
- ask for help
- try a different strategy
- take a short break and try again

Having a plan helps children remember that **being stuck is part of learning—and there are ways to move forward.**



4. Celebrating Success Builds Motivation

The **MY PROUD MOMENT TODAY** page encourages children to reflect on something they did well. It might be solving a problem, helping a friend, or trying something that felt difficult.

This reflection helps children:

- recognize their progress
- build confidence
- develop a positive mindset about learning

Celebrating even small successes helps children see that **their effort matters**.

A Simple Tool That Builds Lifelong Skills

When children complete their own planner, they practice important skills such as:

- planning and organization
- decision-making
- problem-solving
- self-reflection

Most importantly, a daily planner reminds children that **they have the power to shape their own day and work toward the things that matter to them**.

With a little planning and reflection, children learn an important lesson:

They are the leaders of their own learning—and they've got this!

– Dr. Amy 

*Scroll down for free reproducible activities
to help children plan their day!*

TODAY'S PLAN

Name: _____ Date: _____

★ **MY GOAL FOR TODAY** *(What do I want to do today?)*

 I can **draw a picture** of my goal here!

STEPS TO REACH MY GOAL

(What will I do first, next, and last?)

1 First: _____

2 Next: _____

3 Last: _____

THINGS I NEED FOR MY PLAN

(What will help me reach my goal?)

☐ _____

☐ _____

☐ _____

 **HOW DID I DO?** *(circle my answer)*

 I did it!

 I'm still working on it.

 I will try again tomorrow.

**You got
this!**



MY CHOICES TODAY

Name: _____ Date: _____

★ One choice I will make today:

✏️ I can draw my choice!

👍 Good choices help me:

- ☐ learn
- ☐ help others
- ☐ finish my work
- ☐ feel proud

😊 I made a good choice when:

🎉 HOW DID I DO? (circle my answer)

- 😊 I did it!
- 😞 I'm still working on it.
- 💡 I will try again tomorrow.

You got
this!



WHEN I GET STUCK

Name: _____ Date: _____

Sometimes everyone gets stuck. When I feel stuck, I can try these ideas!

💡 **What is the problem?**

🧠 **What can I try?**

- ☐ Take a deep breath
- ☐ Think of a different way
- ☐ Take a short break
- ☐ Try again
- ☐ Ask for help

★ **My new plan:**

✏️ **I can draw what I will try next!**

🎉 **HOW DID I DO?** *(circle my answer)*

- 😊 I did it!
- 😞 I'm still working on it.
- 💡 I will try again tomorrow.

**You got
this!**



MY PROUD MOMENT TODAY

Name: _____ Date: _____

🌟 Something I did well today: _____

😊 I felt proud because: _____

😊 Who did I help today? _____

🎨 I can draw my proud moment!

You got
this!





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