PLANNING GUIDE

The First 4 Weeks, Planned For You

Twenty-eight days. Already decided.

🔑 **Why this exists.** The hardest part of a new activity programme is not the activities — it is the first month, when nothing is routine yet, you do not know who responds to what, and every morning starts with the same question. This plans those twenty-eight days for you. Follow it exactly, or use it as a spine and swap freely. Either way, the deciding is done.

How the four weeks are shaped

WEEK	WHAT IT IS FOR
1	Nothing difficult. You are learning the room and they are learning you.
2	Introduce structure and the first movement block.
3	Raise the demand slightly and find out who likes what.
4	Settle into the rhythm you will keep.

📌 **Two rules for the whole month.** Never run something difficult on the first try of a new week — start each week on familiar ground. And never introduce more than one new thing a day.

⚠️ **Each day lists a MAIN activity (20–30 min) and a FILLER (5–10 min)** for the gap before a meal or when the main one ends early. Numbers refer to cards in the main kit.

WEEK 1 · Getting to know the room

Goal this week: nobody fails at anything. You are building the willingness to come back.

DAY	MAIN	FILLER	WHY THIS ONE
1 · Mon	#001 The First Job	#231 Sorting the Button Tin	Remote memory and a no-fail task. Nothing to get wrong on day one.
2 · Tue	#151 Sit Tall	#071 Category Chain	First movement, the gentlest there is.
3 · Wed	#245 — music from Block 4.3	#005 from Early Years	Music reaches people conversation hasn't yet.
4 · Thu	#232 from Hands & Fine Motor	#152 seated warm-up	Hands busy, talk optional.
5 · Fri	#010 Family & Early Years	#100 from Word Fluency	End the week on the memory that holds best.

DAY	MAIN	FILLER	WHY THIS ONE
6 · Sat	**#260** from The Senses	**#221** breathing	Quieter day, less staff.
7 · Sun	**#300** Sit Outside	—	The only card with no task in it. Close week one with rest.

🔑 **By Friday of week 1 you should know three things:** who speaks first, who never speaks, and who leaves early. Write those three names down. They shape everything after.

WEEK 2 · Structure arrives

Goal this week: the same two things happen at the same time every day, so the day starts to have a shape.

DAY	MAIN	FILLER	WHY THIS ONE
8 · Mon	**#153** + **#154** warm-up pair	**#075** Finish the Saying	First day with two movement cards in a row.
9 · Tue	**#020** Work & Trade	**#233** fine motor	Work stories bring out the quiet ones.
10 · Wed	**#180** Legs & Ankles, seated	**#248** rhythm	Legs before the weekend walkers get restless.
11 · Thu	**#275** One-Session Craft	**#155** warm-up	First thing they will take away with them.
12 · Fri	**#032** Music, Radio & Pictures	**#082** working memory	Friday and music go together.
13 · Sat	**#290** Nature on the Table	**#222** breathing	
14 · Sun	**#045** Food & Cooking	**#227** breathing	Repetition on Sunday is a feature.

📌 **Start a five-minute wind-down every day this week** (anything from `#221` – `#230`). By week 3 nobody will need to be told it is coming.

⚠️ If somebody has failed publicly this week, **spend the next day in Block 1.1 or 1.2.** Remote memory and work stories are where they recover.

WEEK 3 · Raising the demand

Goal this week: find out who wants it harder. Some do, and they are bored.

DAY	MAIN	FILLER	WHY THIS ONE
15 · Mon	**#090** Sequences & Logic	**#156** warm-up	First genuinely cognitive demand.
16 · Tue	**#195** Stand and Hold	**#240** hands	🚨 **First standing card.** Chair, second person, only those cleared.
17 · Wed	**#055** Places & Journeys	**#110** numbers	Journeys open the ones who won't talk about family.
18 · Thu	**#265** The Senses	**#185** legs	
19 · Fri	**#130** Orientation & Current Life	**#250** music	Orientation lands better late in the week.
20 · Sat	**#280** craft	**#223** breathing	
21 · Sun	**#065** Seasons & Celebrations	—	

🔑 **This is the week you learn the range of your room.** Note who asked for more and who went quiet. From week 4 you can run two levels side by side at the same table.

⚠️ **Do not introduce standing work to anyone who has not been cleared by their clinician,** and never to somebody you have not watched sit down slowly first (`#206`).

WEEK 4 · The rhythm you keep

Goal this week: run the week you intend to repeat. If week 4 works, week 5 is a copy.

DAY	MAIN	FILLER	WHY THIS ONE
22 · Mon	**#160** movement	**#095** word fluency	Monday is movement from here on.
23 · Tue	**#025** Work & Trade	**#235** hands	Tuesday is talk.
24 · Wed	**#120** Numbers & Everyday Maths	**#255** rhythm	Wednesday is the thinking day.
25 · Thu	**#285** One-Session Craft	**#165** movement	Thursday makes something.
26 · Fri	**#040** Music, Radio & Pictures	**#140** orientation	Friday is music and the week's news.
27 · Sat	**#295** Nature on the Table	**#226** breathing	
28 · Sun	**#070** Seasons & Celebrations	**#300** Sit Outside	Close the month where you started it.

📋 What to do on day 29

You have a week that works. **Repeat its shape, not its content:** Monday stays movement, Tuesday stays talk, Wednesday stays thinking — and you change the card inside each slot.

That is the whole system. The slot is the routine; the card is the variety. People settle into the first and stay interested because of the second.

🔑 **The single most useful thing you can do now** is open *The Weekly Planning Guide* and read the section on the energy curve of the week. It explains why Monday and Tuesday carry the demanding work and why Friday afternoon never does.

⚠️ **None of this is medical treatment.** These are stimulation and companionship activities. They do not halt or reverse any illness, and they do not replace the advice of a healthcare professional.