



My Day, My Way

An activity to help make your routine work for you!

Living with achondroplasia means your daily routine might look a little different – and that’s completely okay! Everyone finds their own way of doing things, and this worksheet is here to help you think through your day and explore ways to make it easier, more comfortable, and more you.

How to use this worksheet:

Think through what a typical day looks like, from the moment you wake up, through school, after school, and your nighttime routine. For each part of your day, check off:

- what you usually do
- what you enjoy most
- what feels tricky or uncomfortable
- what might help

You can do this worksheet on your own or talk it through with someone you trust, like a parent, family member, teacher, or friend. There’s no right or wrong way to fill this out. It’s just a tool to help you figure out what works for *you*.

After you fill it out...

You can share it with someone who can help put your ideas into action, whether it’s adjusting something at home or school, or just brainstorming more solutions. You deserve a routine that works for *your* life.



Morning Routine

What do you usually do in the morning after you wake up? (Check all that apply)

- | | | |
|--|--|--|
| ☐ Get out of bed | ☐ Do hair or skincare | ☐ Scroll or text |
| ☐ Take a shower or bath | ☐ Make or eat breakfast | ☐ Something else: _____ |
| ☐ Brush teeth | ☐ Pack a bag for school | _____ |
| ☐ Get dressed | ☐ Use the bathroom | _____ |

What do you enjoy most about your mornings?

- | | | |
|---|---|--|
| ☐ A calm start to the day | ☐ A hot shower or cozy clothes | ☐ Something else: _____ |
| ☐ Listening to music or podcasts | ☐ Your breakfast routine | _____ |
| | ☐ Chatting with family | _____ |

What parts of the morning feel tricky or uncomfortable?

- | | | |
|--|---|--|
| ☐ Reaching the sink | ☐ Reaching clothing or bathroom items | ☐ Walking to the car |
| ☐ Turning knobs/faucets | ☐ Making breakfast or using appliances | ☐ Something else: _____ |
| ☐ Taking a shower or bath | ☐ Getting out the door on time | _____ |
| ☐ Using the toilet or cleaning yourself | | _____ |

What might help make your mornings easier?

- | | | |
|---|---|--|
| ☐ A stool or grabber for hard-to-reach items | ☐ Setting clothes or supplies out the night before | ☐ Other idea: _____ |
| ☐ Lower hooks, shelves, or storage | ☐ Help from someone at home | _____ |
| ☐ Pedal extenders or other car adaptations | ☐ A visual schedule or checklist | _____ |



During the School Day

What's your school or learning day usually like? (Check all that apply)

- | | | |
|---|---|--|
| ☐ Ride the bus or get dropped off | ☐ Sit in class for a long time | ☐ Hang out with friends or siblings |
| ☐ Drive to school / learning program | ☐ Take notes, use a laptop, or work on assignments | ☐ Something else: _____ |
| ☐ Walk to class or learning space | ☐ Carry a backpack or supplies | _____ |
| ☐ Use stairs or elevators | ☐ Use the bathroom | _____ |
| | ☐ Eat lunch at school or home | _____ |

What do you enjoy most about your school or learning day?

- | | | |
|--|---|--|
| ☐ Seeing friends | ☐ Physical education or active play | ☐ Something else: _____ |
| ☐ Favorite subjects or teachers | | _____ |
| ☐ Clubs, sports, or activities | ☐ Feeling proud of what you accomplish | _____ |
| ☐ Lunch or breaks | | _____ |

What parts of school or learning could be easier or more comfortable?

- | | | |
|--|--|--|
| ☐ Carrying a heavy backpack or supplies | ☐ Walking long distances or moving between spaces | ☐ Physical education or active play |
| ☐ Hard-to-reach storage areas (e.g. lockers or sinks) | ☐ Getting to class on time | ☐ Something else: _____ |
| ☐ Sitting in uncomfortable chairs or desks | ☐ Climbing stairs | _____ |
| | ☐ Social interactions and/or making new friends | _____ |

What might help at school or during learning time?

- | | | |
|--|--|---|
| ☐ Extra set of books or materials at home or in your learning space | ☐ Locker moved to an easier location | ☐ Talking with a teacher, instructor, or counselor |
| ☐ Step stools or adjusted seating | ☐ Extra time to move between classes or learning spaces | ☐ Something else: _____ |
| | ☐ A buddy system | _____ |



After School

What do you usually do after school? (Check all that apply)

- | | | |
|---|---|---|
| ☐ Ride the bus or get dropped off at home or an activity | ☐ Do homework or study | ☐ Relax, watch TV, or scroll on your phone |
| ☐ Drive home or to an activity | ☐ Play video games | ☐ Something else: _____ |
| ☐ Walk home | ☐ Go to sports, clubs, or other activities | _____ |
| ☐ Hang out with friends | ☐ Help with chores | _____ |

What do you enjoy most about your afternoons?

- | | | |
|--|--|--|
| ☐ Downtime to relax | ☐ Being creative or productive | ☐ Scrolling on your phone or using social media |
| ☐ Getting outside or moving your body | ☐ Spending time with friends or family | ☐ Something else: _____ |
| ☐ Sports, clubs, or other activities | ☐ Catching up on shows, music, or games | _____ |

Are there any parts of your afternoon that could be easier?

- | | | |
|--|---|--|
| ☐ Getting around at home or to activities | ☐ Managing your time or energy | ☐ Something else: _____ |
| ☐ Participating in sports, clubs, or activities | ☐ Driving home or to an activity | _____ |
| ☐ Reaching things for chores or snacks | ☐ Carrying items (books, gear, etc.) | _____ |

What might help?

- | | | |
|--|---|--|
| ☐ Tools to make chores or activities easier | ☐ Planning breaks or rest time | ☐ Something else: _____ |
| ☐ Adaptations in sports or other activities | ☐ Talking with a family member or friend | _____ |
| | ☐ Pedal extenders or other car adaptations | _____ |



Getting Ready for Bed

What's your bedtime routine like? (Check all that apply)

- | | | |
|--|---|--|
| ☐ Take a bath or shower | ☐ Read a book, watch a TV show, or relax | ☐ Something else: _____ |
| ☐ Brush teeth | | _____ |
| ☐ Change into pajamas | ☐ Set alarms or prepare for the next day | _____ |
| ☐ Use the bathroom | ☐ Getting into bed | _____ |

What do you enjoy most about bedtime?

- | | | |
|--|--|--|
| ☐ Time to relax and unwind | ☐ Getting cozy in bed | ☐ Something else: _____ |
| ☐ Listening to music or reading | ☐ Reflecting on your day or setting goals | _____ |
| ☐ Warm shower or comfy PJs | | _____ |

What could be easier at bedtime?

- | | | |
|--|--|--|
| ☐ Getting in or out of the bath | ☐ Getting into bed | ☐ Something else: _____ |
| ☐ Reaching the sink or toothbrush | ☐ Managing your own routine | _____ |

What might help at night?

- | | | |
|---|--|--|
| ☐ Step stools or handrails | ☐ Help getting things ready ahead of time | ☐ Something else: _____ |
| ☐ Lowered shelves or hooks | ☐ Creating a calm, consistent routine | _____ |