



MY PLANNER

LET'S MAKE ALL DAYS,
GOOD DAYS.



MY PLANNER



2022

SKIPULAGSBÓKIN MÍN

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Útgefandi: Oreo ehf.

Prentun: Prentmet Oddi ehf.

Gefin út í Reykjavík, 2022.

Prófarkalestur: Textagerd.is - Arinbjörn Sigurgeirsson.

Bók þessa má ekki afrita með neinum hætti, svo sem ljósmyndun, prentun, hljóðritun eða á annan sambærilegan hátt, að hluta eða í heild, án skriflegs leyfis útgefanda.



My name:

My address:

My zip code and city:

Mobile:

**LET'S MAKE ALL DAYS,
GOOD DAYS.**

HELLO DEAR FAMILIES!

Oreo and Sylvia are delighted you've decided to join us for our organization challenge. It's so thrilling to do things together.

We reach our goals more easily when we come together and encourage each other. Our task for this challenge is to organize ourselves well, and to have fun reading, learning, going to practice, and growing in school! We can do it TOGETHER!

We wish all families the best of luck!

Oreo and I believe in you



A MESSAGE TO PARENTS AND GUARDIANS:

We can go further together.

Our hope is that this book – and the organization initiative you're taking part in – increases kids' interest in schoolwork, while making studying more engaging.

Studying isn't merely about getting the highest grade, but rather putting your best foot forward and pushing yourself to do you well. It leads to better health and self-confidence. It also offers precious opportunities for us to spend time together and strengthens the bonds between children and those who are helping them with their studies and homework.

It's important to consistently help your child to maintain this project, and to encourage them to do their best, as well as praise them even when they don't meet their goals (because they still made a meaningful effort). Parents and guardians can take part in this project with their child or children, too, by suggesting different locations and methods for studying

To get the most out of this organization effort, it's good to keep a few things in mind:

1. Start by making a contract. The child and parent(s)/guardian(s) make a contract with the child/children to follow all 20 days of this challenge.
2. Read this book and its instructions aloud so that the child best understands how it works.
3. We recommend choosing a time – once a day – to pick out the stickers that will be used for activities the following day. This will become an important daily ritual when done consistently, always at the same time.
4. Help your child to calculate their points, both in the book itself and on this webpage (more on that later):

www.mbl.is/skipulagsbokin

CONTRACT

For the next 20 days , I

child's name

will:

- Go to bed early
- Study
- Help around the house
- Read
- Exercize
- Praise others
- Smile
- Lessen screentime

Location

Date

Signature of child

Signature of parent(s)/guardian(s)

STEP 1

A contract is made between parent(s)/guardian(s) and the child. Together, they choose an award that they child will receive once they've completed the organization effort if they've adhered to the rules of the contract.

The award doesn't need to cost anything. Oreo believes that the most precious award of all is to spent quality time together; to talk walks, or go a football match, jump rope, play a game, enjoy a movie night—and other cozy adventures.

CONTRACT
For the next 20 days, I

child's name _____

will:

- Go to bed early
- Study
- Help around the house
- Read
- Exercise
- Praise others
- Smile
- Lessen screentime

Location _____

Date _____

Signature of child _____

Signature of parent(s)/guardian(s) _____

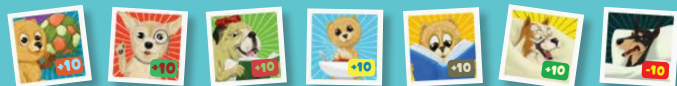
9

STEP 2

The stickers you will use are included in this book. Each sticker has a point value so that you can tally points at the end of the day. Once you've done that, enter them on the website: www.mbl.is/skipulagsbokin.

On the website, it's possible to associate your points with your child's school. After 20 days, we'll find out which school is the most organized in Iceland. So every point counts. The size of the school will be taken into account so bigger school do not have an advantage over smaller ones.

Oreo recommends preparing yourself and planning for the next day at the same time each day. To prepare, choose stickers for the next day and stick them to the right squares on the right pages. When you do this, you can calculate the points of the previous day.



More info: You organize each day one day in advance by choosing how the day should go—and you select the right stickers for each task. Then you place each sticker on the page, column, and square to which it belongs. For example, you may choose to place an exercise sticker on day 1 at 3pm. The next day, you calculate the points, depending on whether or not your child has reached that goal. If they haven't, 0 points are awarded. But it's possible, too, to earn bonus points. Follow this routine every day for the 20 days of the challenge.

EXPLANATIONS

How does the book work?

Your day planner. Limmidi

Place the appropriate sticker. Put stickers in the squares.

Here you can get Bonus Points! Colour the square when appropriate, add up the points and add to "C".

DAY 1

Time	Points	Time	Points
07:00		14:00	<input type="checkbox"/>
08:00	<input type="checkbox"/>	15:00	<input type="checkbox"/>
09:00	<input type="checkbox"/>	16:00	<input type="checkbox"/>
10:00	<input type="checkbox"/>	17:00	<input type="checkbox"/>
11:00	<input type="checkbox"/>	18:00	<input type="checkbox"/>
12:00	<input type="checkbox"/>	19:00	<input type="checkbox"/>
13:00	<input type="checkbox"/>	20:00	<input type="checkbox"/>

BONUS POINTS!

<input type="checkbox"/> I praised myself. + 5 Points	<input type="checkbox"/> I helped around the house. + 5 Points	<input type="checkbox"/> I had a positive attitude today. + 5 Points
<input type="checkbox"/> I praised others. + 5 Points	<input type="checkbox"/> I helped somebody. + 5 Points	<input type="checkbox"/> I showed others kindness and respect today. + 5 Points

Screentime today:

<input type="checkbox"/> 0-1 hour. + 10 Points	<input type="checkbox"/> 1-2 hours. + 5 Points	<input type="checkbox"/> 2-3 hours. + 0 Points	<input type="checkbox"/> 3+ hours. - 5 Points
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C = **TOTAL POINTS:**

TOTALS:

A + B + C

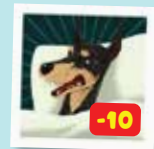
TOTAL POINTS = A + B + C

18 **A =** **TOTAL POINTS:** **B =** **TOTAL POINTS:** **19**

Add the points together for column A and for column B.

To get your total points for the day, add A + B + C together.

Be careful, you can get negative points, when you go to late to bed and when you spend too much time in front of the screen.



And that's how you do it!

WWW.MBL.IS/SKIPULAGSBOKIN

- 🐾 In the back of this book, you'll find a number.
- 🐾 Parents or guardians: sign into the website and enter the number found at the back of the book. Once you do so, you'll be able to enter important information for the challenge. Parents and guardians are solely responsible for their child and any information that is added to this webpage.
- 🐾 Parents and guardians should help their child to enter the points of the day. When they do so, those points are added to the total for your child's school, which increases its chance of earning the title Most Organized School!
- 🐾 Enter points on this website: www.mbl.is/skipulagsbokin

EVERYONE WHO REGISTERS ON THE SITE IS GIVEN A CHANCE TO WIN A FANTASTIC PRIZE FROM EDDA ÚTGÁFA (EDDA PRESS).

Now, let's get started!

WE CAN DO IT!!

The only thing that matters is that you try your best.

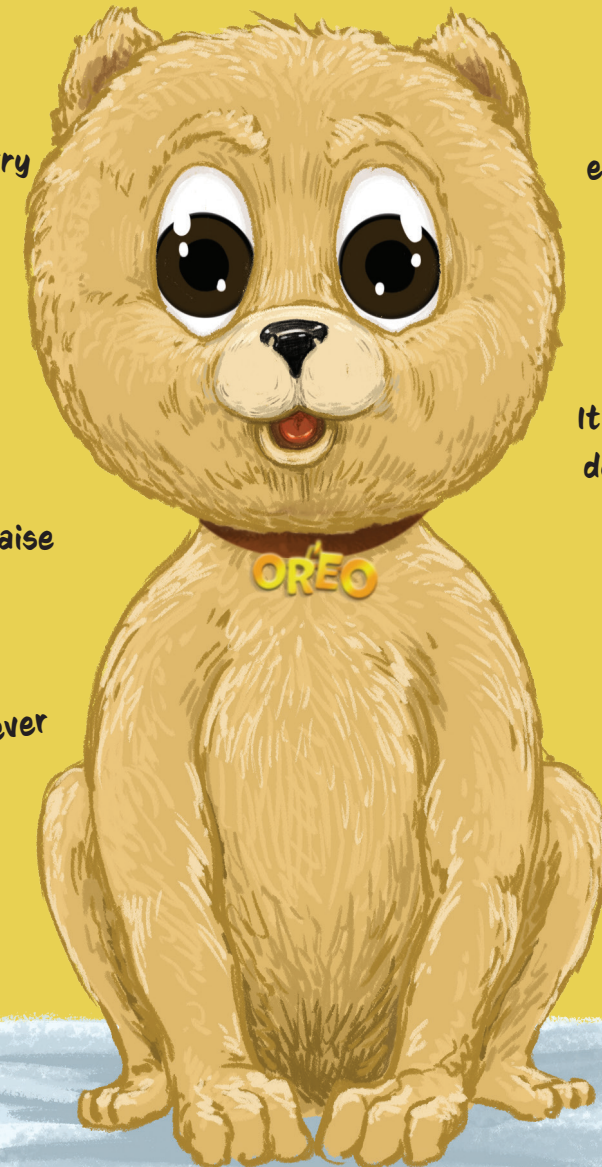
It's important to have enough time to organize yourself and to plan. It helps.

It's okay to not be able to do everything right away!

Remember to give yourself credit and praise yourself!

You are awesome - never forget that.

It took me, Oreo, three years to learn to read.



Yours truly, Oreo

WHY DOES GETTING ORGANIZED MATTER

Exercise:

Movement is crucial to us, and is a big part of our life. We all need to move daily. Movement helps us to feel healthy and good in both body and mind. Moving around and exercising can even give us more energy.

Exercise can help you to:

- 🐾 Increase physical fitness.
- 🐾 Better your social skills.
- 🐾 Meet friends.
- 🐾 Improve your self-confidence.

Movement can mean many things. It's always important to listen to your body and to do only what you're able and comfortable doing--while trying your best.

Attention: Oreo exercises three times a days. He goes for a walk or a run. He feels so much better after he's moved around.

Sleep:

Sleep is very important because, when we sleep, we rest and replenish our energy for the next day. To wake up well rested and with more energy, Oreo always goes to bed early. Then he wakes up fresh and ready the next morning.



Wholesome food:

It's important to eat wholesome food; diverse, nutritious and tasty food. But it's just as important to drink lots of water. Water is the best energy drink! Yummm!

Good and wholesome food ensure that we have enough energy to get through the day, and stamina to move our bodies.

Note: Oreo's favorite meal is chicken with steamed broccoli, dried cod (Icelandic: *harðfiskur*), and cheese.

Read and learn:

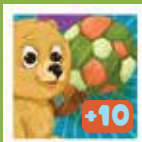
Reading is a huge part of our lives, and something that we will use throughout our entire lives. Some of us can read less quickly or easily than others when we're young, but that's completely normal. For some, it takes a little extra time to learn to read, while others might take to reading like a fish to water. Some people are even dyslexic like Oreo (he even wrote a book about it: *Oreo Goes to School*). It took Oreo three years to learn to read.

Reading can be a cozy and fun way to spend time with others. Reading with somebody is a good way to improve your own reading skills. It's important to listen closely while someone else reads to you. By listening and following along with the letters and words, you're sharpening your senses and attention.

Oreo recommends reading books that you really enjoy. It's easier to learn to read if you have a good attitude. Positivity is a guiding light, so never give up, even when it feels like an uphill battle.



STICKERS



Exercise: Moving can mean a lot of things. The only thing that matters is that you move, that you get physical exercise. That can be a walk, sports practice, running, bicycling – lots of things. It's important to get your blood pumping and to bring up your heart rate.



Hobbies and interests: Hobbies are things that you're interested in doing. You might lose track of time when you're doing something that's exciting to you.



Reading: You choose the what, when, and how you're going to read for the day, and you always get points for reading.



Learn: You can study in school – or come home to study and complete your homework for the day. Or maybe you're just learning something extra, on your own, for yourself.



Get up: You decide when you're going to wake up, and you gain or lose points depend on how early you get out of bed (or late you sleep).



Wholesome food: Choose nutritious, diverse, and good food that gives you energy.



Going to bed: You decide when you're going to go to bed and try to sleep. You gain points if you go to bed early, and lose points if you go to bed too late.



BONUS POINTS

You can get **BONUS POINTS!**

Bonus points are determined based on whether you've praised yourself or others, helped around the house, or even helped someone else.

Giving yourself praise might go something like this:

- 🐾 Wow, I did a good job at practice today.
- 🐾 Wow, I did a great job in school today.
- 🐾 Wow, I was a great brother/sister/sibling today.

Giving others praise might sound something like this :

- 🐾 That meal was delicious. Thank you very much.
- 🐾 When somebody does a good job at practice, you might say something like: "Wow, you did a __ (fill in the blank) __ great job. Well done!"

Helping around the house might entail:

- 🐾 Unloading the dishwasher.
- 🐾 Helping to clean up the table after a meal.
- 🐾 Cleaning up after yourself.
- 🐾 Tidying your room.

These are people you might help:

- 🐾 The elderly.
- 🐾 Animals.
- 🐾 Other kids.
- 🐾 Your friends.

Oreo also hopes that kids go outside to play – because he's always trying to find a new friend to play with. He's heard that many people (adults, too) spend a lot of time inside on the computer playing video games instead of spending time outdoors, even when the weather is good! Oreo doesn't like that. And so Oreo awards bonus points for lessening your screentime throughout the day. Instead, maybe you'll run into Oreo in the park.



DAY 1

	Time	Sticker	Points
Morning	07:00	Sticker	<input type="text"/>
	08:00	Sticker	<input type="text"/>
	09:00	Sticker	<input type="text"/>
Lunch	10:00	Sticker	<input type="text"/>
	11:00	Sticker	<input type="text"/>
	12:00	Sticker	<input type="text"/>
	13:00	Sticker	<input type="text"/>

A =
TOTAL POINTS:

	Time	Sticker	Points
Evening	14:00	Sticker	<input type="text"/>
	15:00	Sticker	<input type="text"/>
	16:00	Sticker	<input type="text"/>
	17:00	Sticker	<input type="text"/>
	18:00	Sticker	<input type="text"/>
	19:00	Sticker	<input type="text"/>
	20:00	Sticker	<input type="text"/>

B =
TOTAL POINTS:

BONUS POINTS!

<input type="text"/> Colour it	I praised myself. + 5 Points	<input type="text"/> Colour it	I helped around the house. + 5 Points	<input type="text"/> Colour it	I had a positive attitude today. + 5 Points
<input type="text"/> Colour it	I praised others. + 5 Points	<input type="text"/> Colour it	I helped somebody. + 5 Points	<input type="text"/> Colour it	I showed others kindness and respect today. + 5 Points

Screentime today:

<input type="text"/> Colour it	<input type="text"/> Colour it	<input type="text"/> Colour it	<input type="text"/> Colour it
0-1 hour. + 10 Points	1-2 hours. + 5 Points	2-3 hours. + 0 Points	3+ hours. - 5 Points

C =
TOTAL POINTS:

TOTALS:

A + **B** + **C**

TOTAL POINTS =
A + B + C

YOU'VE DONE VERY WELL.

Thank you for your participation in this effort, and for trying your best. You've done a great job! Anything is possible as long as you don't give up!

„It's not about winning the prize. It's about having fun, being together, and working toward your goals, never giving up.“



How many points did you earn in total over the whole 20 days?



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