




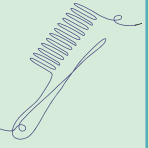
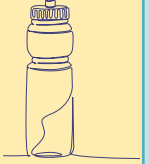
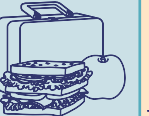

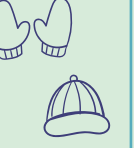


# Morning routine



|           | Wash hands with soap  | Get dressed   | Eat breakfast   | Put the dishes away  | Brush teeth   | Brush hair  | Fill water bottle   | Put lunch in backpack   | Is my backpack ready?   | Dress for the weather   |
|-----------|---|---|---|--|---|---|---|---|---|---|
|           |  |  |  |  |  |  |  |  |  |  |
| Monday    |   |   |   |  |   |   |   |   |   |   |
| Tuesday   |   |   |   |  |   |   |   |   |   |   |
| Wednesday |   |   |   |  |   |   |   |   |   |   |
| Thursday  |   |   |   |  |   |   |   |   |   |   |
| Friday    |   |   |   |  |   |   |   |   |   |   |

Establishing a morning routine with your child can help create structure, consistency and instill a sense of responsibility. By knowing what to expect throughout their day, children can better manage their emotions, develop independence, and build essential life skills. Parents can use the completed routine below or can create a personalized routine. Using stickers or allowing your child to check off the boxes can create an additional sense of pride and motivation.