

My Morning Routine

Use in your family's order. Tick, point or circle each step. Add any important steps of your own.

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Get dressed

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Eat breakfast

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Brush teeth

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Check bag and water bottle

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Put on shoes and leave

Our extra step:

Our rushed-day essentials:

My After-School Routine

Use in your family's order. Tick, point or circle each step. Add any important steps of your own.

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Put bag and shoes away

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Have a snack and drink

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Choose a rest or play break

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Check homework together

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Start one small task, if needed

Our extra step:

Our rushed-day essentials:
