

My Morning Routine

A calm visual checklist for starting the day with confidence

My name: _____

Date: _____

One step at a time

Check a box when you finish each step.

1

Wake up

Take a stretch and greet the day.

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2

Use the bathroom

Go potty and wash your hands.

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3

Get dressed

Choose clothes and put them on.

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4

Eat breakfast

Sit down, eat, and drink some water.

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5

Brush teeth

Brush the front, back, and top.

☐

6

Pack and go

Take your bag, shoes, and anything you need.

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My morning goal:

Today I feel:

☐

ready

☐

calm

☐

proud