



morning Routine

- ☐ Wake up.

- ☐ Stretch and do some light exercise.

- ☐ Eat a nutritious breakfast.

- ☐ Use the bathroom.

- ☐ Get dressed.

- ☐ Brush teeth.

- ☐ Wash face.

- ☐ Brush hair.

- ☐ Clean glasses.

- ☐ Put on shoes.

- ☐ Get backpack/lunchbox.

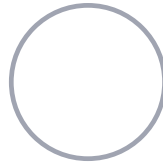
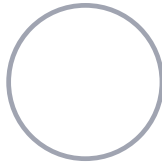
- ☐ Go to car.

BEFORE SCHOOL

MORNING CHECKLIST



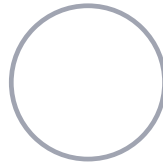
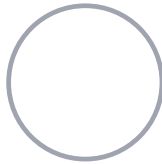
Wake up



Get dressed



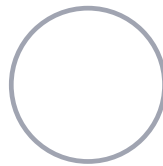
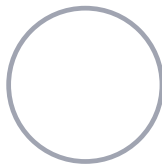
Brush my hair



Eat breakfast



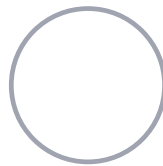
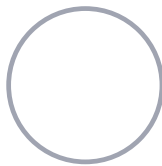
Brush my teeth



Put on my shoes



Put on my jacket



Ready for school!





BEDTIME

Routine

- ☐ *Take a bath or shower.*
- ☐ *Get into comfortable sleepwear.*
- ☐ *Brush teeth.*
- ☐ *Set a relaxing atmosphere*
- ☐ *Read a book or listen to music*
- ☐ *Get into bed*
- ☐ *Have amazing dreams.*
- ☐ *Stay in bed until morning.★*

Getting Dressed

- ☐ Take off clothes.
- ☐ Put in hamper.
- ☐ Grab new clothes from cubby.
- ☐ Put on underwear.
- ☐ Put on bra.
- ☐ Put on pants or skirt.
- ☐ Pull pants all the way up.
- ☐ Put on shirt or dress.
- ☐ Check mirror.
- ☐ Fix if needed.



Getting Dressed

- ☐ Take off clothes.
- ☐ Put in hamper.
- ☐ Grab new clothes from cubby.
- ☐ Put on underwear.
- ☐ Put on pants or shorts.
- ☐ Put on shirt.
- ☐ Put on socks.
- ☐ Check mirror.
- ☐ Fix if needed.



Daily Checklist

Morning Routine after Getting Dressed

Brush Teeth

Wash Face

Brush Hair

Clean Glasses



BRUSHING TEETH

Squeeze toothpaste
onto toothbrush

Hold toothbrush
under tap.

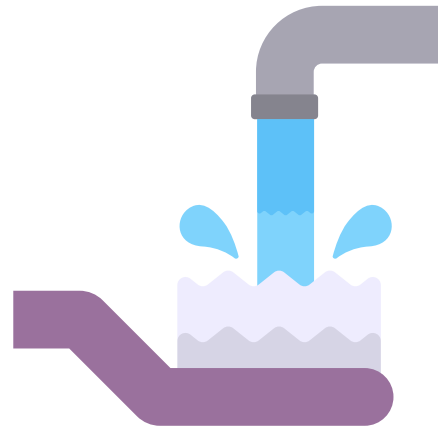
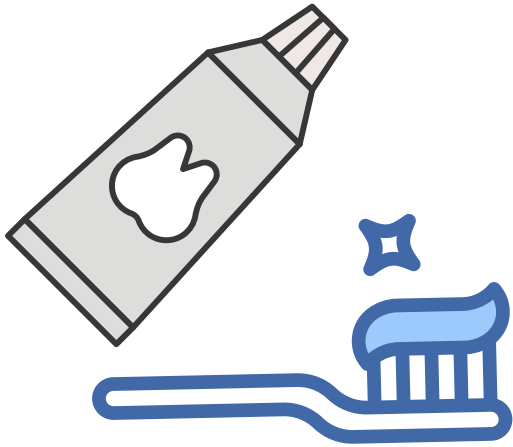
Brush teeth for 2
minutes.

Spit toothpaste
into sink.

Rinse and smile!



BRUSHING TEETH



BEFORE GOING TO SCHOOL I...



PUT MY SHOES ON.



GRABBED MY JACKET.



GRABBED MY BACKPACK.



GRABBED MY WATER BOTTLE.

