

# Morning Routine Checklist

A simple at-home tool to build smoother mornings, independence, and responsibility.



Name: \_\_\_\_\_ Week of: \_\_\_\_\_

## 1 MY MORNING MISSION

This week, I will practice:

- |                                                     |                                        |
|-----------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Wake up and get out of bed | <input type="checkbox"/> Eat breakfast |
| <input type="checkbox"/> Brush teeth                | <input type="checkbox"/> Pack backpack |
| <input type="checkbox"/> Get dressed                | <input type="checkbox"/> Put on shoes  |
| <input type="checkbox"/> Other: _____               |                                        |

## 2 A STRONG MORNING MEANS I CAN...

- |          |                                  |                                           |
|----------|----------------------------------|-------------------------------------------|
| <b>1</b> | <b>Start with a ready body</b>   | I get up, get dressed, and begin my day.  |
| <b>2</b> | <b>Follow directions</b>         | I listen and do the next step.            |
| <b>3</b> | <b>Take care of my things</b>    | I pack what I need for school.            |
| <b>4</b> | <b>Use a calm attitude</b>       | I stay respectful even when I feel tired. |
| <b>5</b> | <b>Leave ready to do my best</b> | I start the day with confidence.          |

## 3 MY MORNING CHART — I CAN DO THIS!

Color a star each day you complete your routine!

| Day       | Up & Ready | Dressed | Breakfast | Packed | Shoes On | Parent Praise |
|-----------|------------|---------|-----------|--------|----------|---------------|
| Monday    | ☆          | ☆       | ☆         | ☆      | ☆        | ○             |
| Tuesday   | ☆          | ☆       | ☆         | ☆      | ☆        | ○             |
| Wednesday | ☆          | ☆       | ☆         | ☆      | ☆        | ○             |
| Thursday  | ☆          | ☆       | ☆         | ☆      | ☆        | ○             |
| Friday    | ☆          | ☆       | ☆         | ☆      | ☆        | ○             |
| Saturday  | ☆          | ☆       | ☆         | ☆      | ☆        | ○             |
| Sunday    | ☆          | ☆       | ☆         | ☆      | ☆        | ○             |

## 4 WHEN I COMPLETE MY ROUTINE, I CAN CHOOSE:

- |                                                 |                                                    |
|-------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Pick a song in the car | <input type="checkbox"/> Special time with Mom/Dad |
| <input type="checkbox"/> Choose breakfast       | <input type="checkbox"/> Pick family game          |
| <input type="checkbox"/> Extra story            | <input type="checkbox"/> Other: _____              |

## 5 PARENT TIP

- Keep the goal simple.
- Use the chart to build consistency.
- Praise independence and effort.

➤ *Live a Life You Are Proud Of!* ➤