



MY MORNING ROUTINE

Small steps, big dreams!



- 1



Wake Up
Start my day with a smile!

☐
- 2



Use the Bathroom
Go, flush, wash hands!

☐
- 3



Brush Teeth
Brush for 2 minutes!

☐
- 4



Get Dressed
Put on my clean clothes!

☐
- 5



Eat Breakfast
Fuel my body!

☐
- 6



Pack Bag
Check my school bag!

☐
- 7



Put On Shoes
Don't forget my shoes!

☐
- 8



Grab Jacket
Stay warm and ready!

☐
- 9



Go to School
Let's go! Have a great day!

☐



You Can Do It!





MY ROUTINE CARDS



Use these cards with your routine chart!



1

WAKE UP



Start my day
with a smile!



2

USE THE
BATHROOM



Go, flush,
wash hands!



3

BRUSH TEETH



Brush for 2 minutes
for a healthy smile!



4

GET DRESSED



Put on my
clean clothes!



5

EAT BREAKFAST



Fuel my body
for a great day!



6

PACK BAG



Check everything
is in my bag!



7

PUT ON SHOES



Don't forget
my shoes!



8

GRAB JACKET



Stay warm
and ready!



9

GO TO SCHOOL



Let's go!
Have a great day!



YOU CAN DO IT!





FIRST



THEN



I can do it step by step!

FIRST

What I will do first.

1

THEN

What I will do next.

2

How to use:



Print



Cut



Use the cards



Feel proud!

You're
doing
great!



WEEKLY ROUTINE CHART



I can do my morning routine every day!



MY ROUTINE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 Wake Up	☐	☐	☐	☐	☐	☐	☐
 Use the Bathroom	☐	☐	☐	☐	☐	☐	☐
 Brush Teeth	☐	☐	☐	☐	☐	☐	☐
 Get Dressed	☐	☐	☐	☐	☐	☐	☐
 Eat Breakfast	☐	☐	☐	☐	☐	☐	☐
 Pack Bag	☐	☐	☐	☐	☐	☐	☐
 Put On Shoes	☐	☐	☐	☐	☐	☐	☐
 Grab Jacket	☐	☐	☐	☐	☐	☐	☐
 Go to School	☐	☐	☐	☐	☐	☐	☐



I DID IT!



My goal:

stars this week!





MY MORNING ROUTINE

REWARD CHART



I'm building good habits and earning my rewards!

MY ROUTINE	MON	TUE	WED	THU	FRI	SAT	SUN
 Wake Up	★	★	★	★	★	★	★
 Use the Bathroom	★	★	★	★	★	★	★
 Brush Teeth	★	★	★	★	★	★	★
 Get Dressed	★	★	★	★	★	★	★
 Eat Breakfast	★	★	★	★	★	★	★
 Pack Bag	★	★	★	★	★	★	★
 Put On Shoes	★	★	★	★	★	★	★
 Grab Jacket	★	★	★	★	★	★	★
 Go to School	★	★	★	★	★	★	★

HOW IT WORKS:

- 1 Do my routine every day
- 2 Earn a star for each day
- 3 Reach my goal and choose my reward!

MY GOAL:

____ STARS

MY REWARD:



YOU DID IT!



MY GOAL

★ I can do it! ★



My goal is:

• ★ • ♥ I believe in myself! ♥ • ★ •



DAILY ROUTINES

My daily checklist

☐☐☐☐☐☐☐☐

Small steps, big dreams!





EDITING CHECKLIST



Let's make it even better!

☐

I did my routine today!

☐

I tried my best!

☐

I stayed focused!

☐

I was kind!

☐

I'm proud of myself!



Great job! 





You're doing
a great job!

