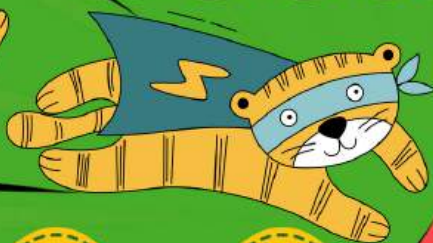


MY MORNING ROUTINE



1

BRUSH
TEETH



2

BATH



3

4

5

6

EDITABLE

FREE DOWNLOAD

My Morning Routine



GIRL'S VERSION - EVENING/BEDTIME ROUTINE CARDS

Cut out the bedtime routine cards that match your child's evening steps, and glue them onto the chart below in the order that works best for your family.

TOILET



BATHROOM



WASH
HANDS



BRUSH
TEETH



BATH



SHOWER



WASH
FACE



BRUSH
HAIR



PYJAMAS



PAJAMAS



SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



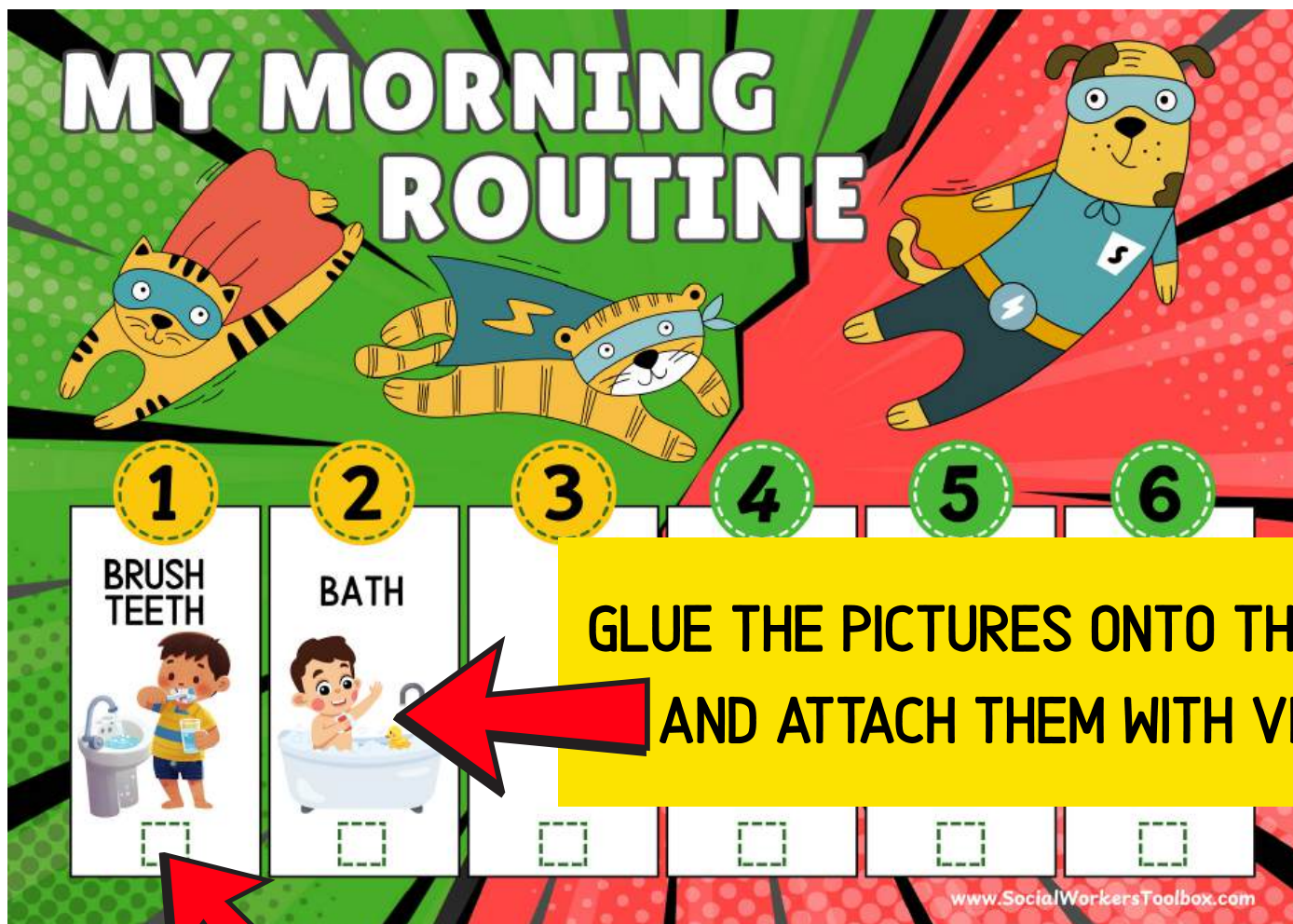
2 WWW.ANXIETYHELPBOX.COM



3 WWW.FEELINGSHELPBOX.COM



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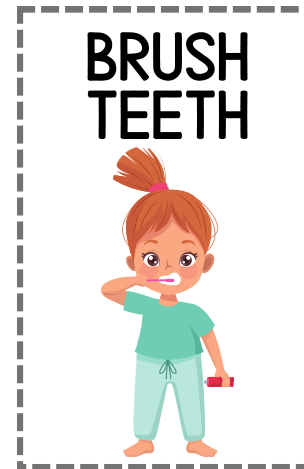


GLUE THE PICTURES ONTO THE CHART, OR LAMINATE AND ATTACH THEM WITH VELCRO OR BLU TACK.

IF USING THE TICK BOX VERSION, THE CHILD ADDS A TICK AFTER EACH TASK IS DONE.

GIRL'S VERSION – MORNING ROUTINE CARDS

Cut out the morning routine cards that match your child's morning steps, and glue them onto the chart below in the order that works best for your family.



GIRL'S VERSION – MORNING ROUTINE CARDS

GET
DRESSED



READ



EAT
BREAKFAST



TAKE
VITAMINS



QUIET
TIME



PACK
LUNCH



PACK BAG



PACK
BACKPACK



SHOES ON



TALK
ABOUT DAY



GIRL'S VERSION – MORNING ROUTINE CARDS

COAT ON



HAT ON



MAKE
BED



SCREENS
OFF



WATER



TIDY TOYS



MINDFUL
MOMENT



MILK



SAY
GOODBYE



POSITIVE
THOUGHT



GIRL'S VERSION – MORNING ROUTINE CARDS

KIND
WORDS



PUT BOOKS
AWAY



CLEAR
TABLE



FEED PET



CHOOSE
SHOES



HUG



SNACK



FAMILY
CHAT



WAKE
UP

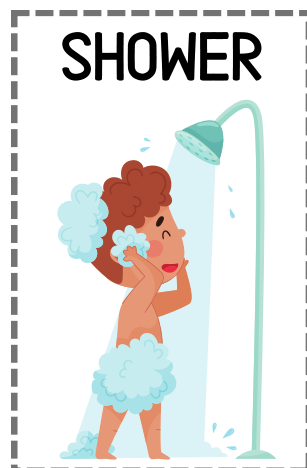
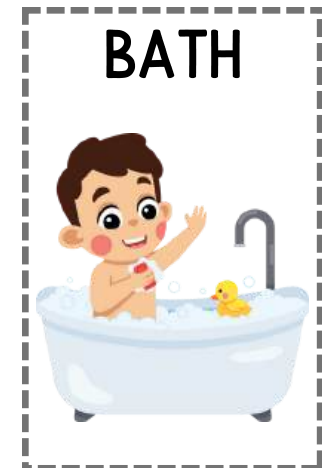


DRAW
FEELINGS



BOY'S VERSION – MORNING ROUTINE CARDS

Cut out the morning routine cards that match your child's morning steps, and glue them onto the chart below in the order that works best for your family.



BOY'S VERSION – MORNING ROUTINE CARDS

GET
DRESSED



READ



EAT
BREAKFAST



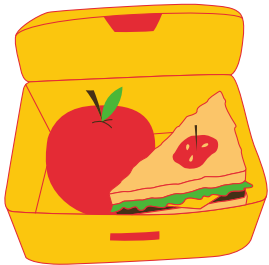
TAKE
VITAMINS



QUIET
TIME



PACK
LUNCH



PACK BAG



PACK
BACKPACK



SHOES ON



TALK
ABOUT DAY



BOY'S VERSION – MORNING ROUTINE CARDS

COAT ON



HAT ON



MAKE
BED



SCREENS
OFF



WATER



TIDY TOYS



MINDFUL
MOMENT



MILK



SAY
GOODBYE



POSITIVE
THOUGHT

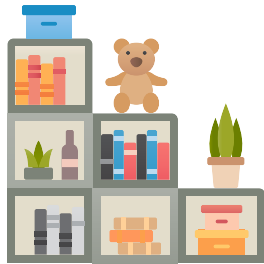


BOY'S VERSION – MORNING ROUTINE CARDS

KIND
WORDS



PUT BOOKS
AWAY



CLEAR
TABLE



FEED PET



CHOOSE
SHOES



HUG



SNACK



FAMILY
CHAT

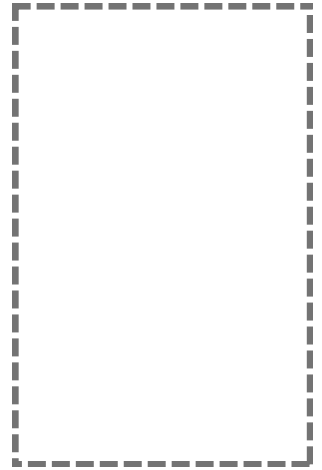
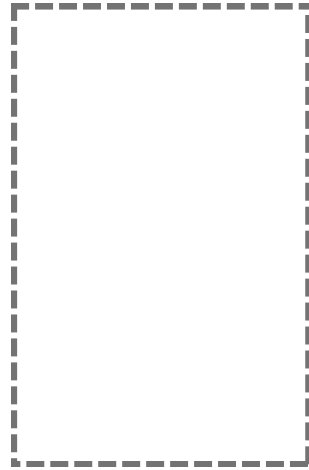
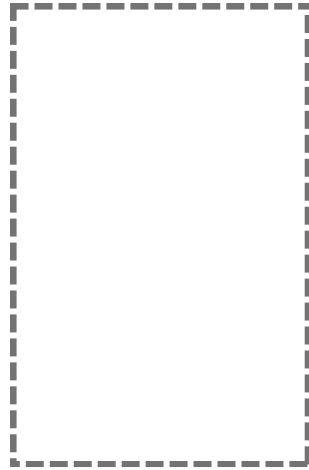
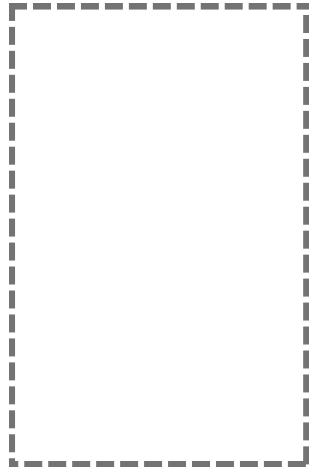
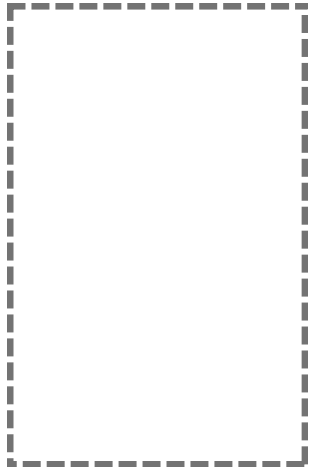
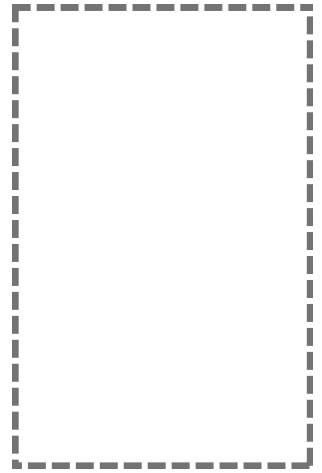
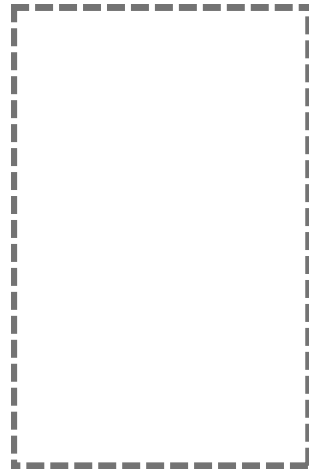
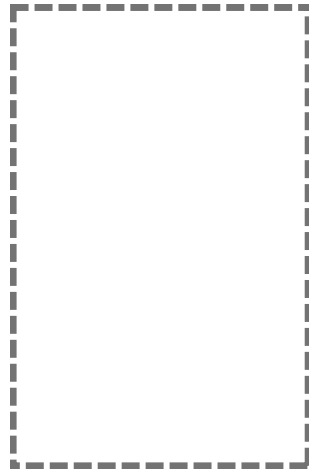
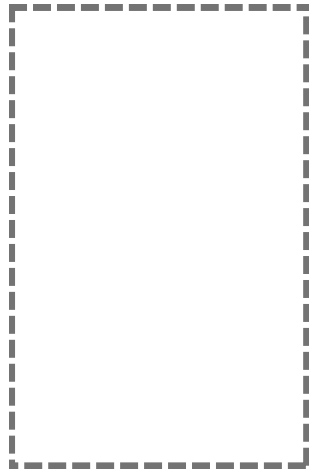
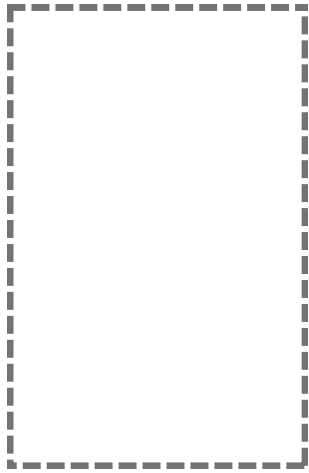


WAKE
UP



DRAW
FEELINGS



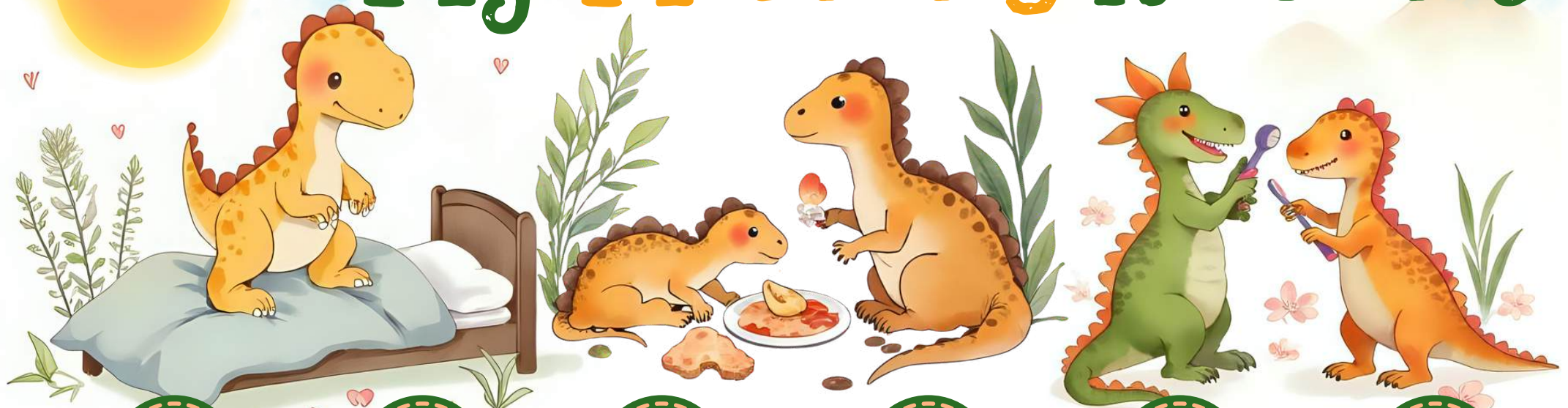


My Morning Routine



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My Morning Routine



1

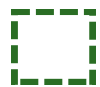
2

3

4

5

6



MY MORNING ROUTINE



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MY MORNING ROUTINE

1

2

3

4

5

6



My Morning Routine



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My Morning Routine



1

2

3

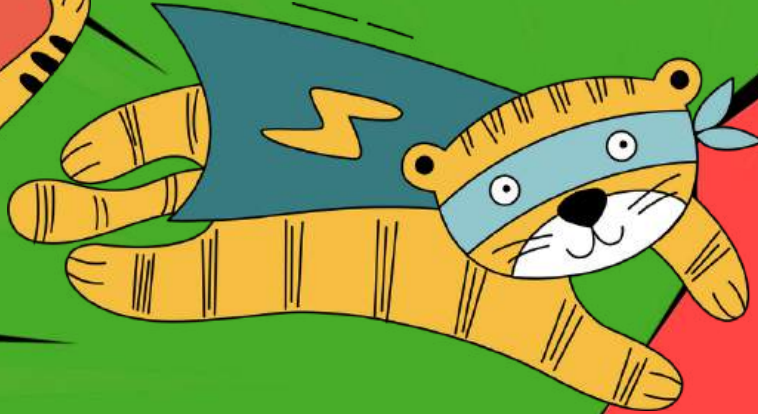
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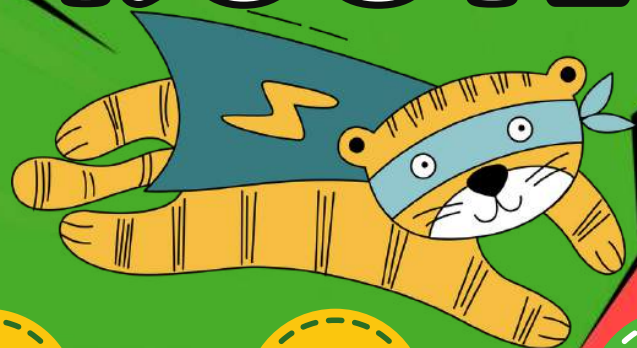


MY MORNING ROUTINE



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MY MORNING ROUTINE



1

2

3

4

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