

My Weekend Morning Routine



FREE DOWNLOAD



Get Dressed

Eat Breakfast

Clean My Room



Have Fun

www.SocialWorkersToolbox.com

My Weekend Morning Routine



Wake Up



Go To Bathroom



Brush Teeth



Get Dressed



Eat Breakfast



Clean My Room



Have Fun

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TO ITS CONTENT.

About the Resource

"My Weekend Morning Routine" is a supportive visual resource created to help girls follow a clear and consistent morning routine at the weekend. It is especially useful for children who benefit from visual structure, routine, and gentle prompts to build independence and confidence in managing their own self-care and responsibilities.

The checklist includes familiar and achievable steps such as waking up, going to the bathroom, brushing teeth, getting dressed, eating breakfast, and tidying their room. Each step is presented in a simple and engaging format that children can follow at their own pace. The final step encourages children to enjoy their free time, helping to balance routine tasks with fun and relaxation.

This resource can be used by parents, foster carers, and social workers to support children in developing healthy habits and a sense of personal achievement. It is particularly helpful for children with additional needs, such as autism or anxiety, who may feel more comfortable when they know what to expect.

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