tick & bloom

My name

My Morning Routine

Do each step, then draw a star or a tick in the circle. Grown-ups: read the steps together on the first day, then let them lead.

My morning steps	Mon	Tue	Wed	Thu	Fri
1 Wake up and open the curtains	○	○	○	○	○
2 Make my bed	○	○	○	○	○
3 Get dressed	○	○	○	○	○
4 Eat breakfast	○	○	○	○	○
5 Brush my teeth	○	○	○	○	○
6 Brush my hair	○	○	○	○	○
7 Pack my school bag	○	○	○	○	○
8 Shoes and coat on	○	○	○	○	○

Five stars this week means

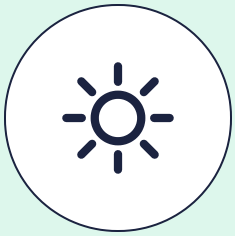


Out the door by

Same order every day makes mornings calmer.

Picture cards

Cut out the cards and stick them up in order on the wall or the fridge. Little ones who cannot read yet follow the pictures. Turn each card over when it is done.



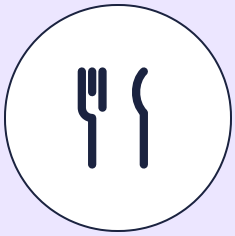
Wake up



Make bed



Get dressed



Breakfast



Brush teeth



Brush hair



Pack bag



Shoes on

✂ Cut along the dashed lines.

Pictures help pre-readers do it on their own.

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The night before

Ten minutes after dinner makes the morning half as long. Do this list together, then tick each box.

- [ ] Lay out tomorrow's clothes
- [ ] Pack the school bag
- [ ] Put shoes by the door
- [ ] Sign any school notes
- [ ] Fill the water bottle
- [ ] Set the alarm

My own extra jobs

A calm morning starts the night before.

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20 star reward chart

One star or sticker for every morning that runs to plan. Every fifth circle is a mini reward; circle 20 is the big one.

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

My mini reward (every 5 stars)

My big reward (20 stars)

Reward the routine, not perfection.

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My weekend routine

Weekends are slower, but a short routine keeps Monday easy. Add two of your own steps.

Weekend steps	Sat	Sun
1 Wake up	○	○
2 Make my bed	○	○
3 Get dressed	○	○
4 Breakfast together	○	○
5 Brush my teeth	○	○
6 _____	○	○
7 _____	○	○

Something fun I want to do this weekend

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