Start Here

Your free kids' morning routine pack.

How to print

1. Open the file for your paper: this pack comes in US Letter and A4.
2. In the print dialog choose 'Actual size' or 100% scale - never 'Fit to page'.
3. Short on ink? Print the black & white pages at the back of this pack instead.

What's inside

Page 2: the daily checklist, with gentle sample times to copy or change.

Page 3: the week grid - your whole routine on one page.

Page 4: a black & white ink-saver copy of the checklist.

Filled example - yours is blank, like this but empty

Filled example - yours is blank, like this but empty

Time	Step	Done
6:30	Wake up gently	✓
6:40	Brush teeth	✓
6:50	Get dressed	✓
7:00	Eat breakfast	☐
7:10	Pack the school bag	☐

My School-Morning Checklist

Tick each step - no nagging needed.

My name: _____

Time	Step	Done
6:30	Wake up gently	☑
6:40	Brush teeth	☑
6:50	Get dressed	☑
7:00	Eat breakfast	☑
7:10	Pack the school bag	☑
7:20	Shoes on	☐
7:25	Grab the lunchbox	☐
7:30	Out the door!	☐

Night-before prep (do these the evening before):

- ☐ Lay out tomorrow's clothes
- ☐ Pack the school bag
- ☐ Lunchbox ready in the fridge

A filled example - the next page is blank, ready for your week.

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My School-Morning Checklist

One page for the whole week.

Step	Mon	Tue	Wed	Thu	Fri
6:30 Wake up gently	☐	☐	☐	☐	☐
6:40 Brush teeth	☐	☐	☐	☐	☐
6:50 Get dressed	☐	☐	☐	☐	☐
7:00 Eat breakfast	☐	☐	☐	☐	☐
7:10 Pack the school bag	☐	☐	☐	☐	☐
7:20 Shoes on	☐	☐	☐	☐	☐
7:25 Grab the lunchbox	☐	☐	☐	☐	☐
7:30 Out the door!	☐	☐	☐	☐	☐

Night-before prep:

- ☐ Lay out tomorrow's clothes
- ☐ Pack the school bag
- ☐ Lunchbox ready in the fridge

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My School-Morning Checklist

Ink-saver version - print me in black & white.

My name:_____

Time	Step	Done
6:30	Wake up gently	☐
6:40	Brush teeth	☐
6:50	Get dressed	☐
7:00	Eat breakfast	☐
7:10	Pack the school bag	☐
7:20	Shoes on	☐
7:25	Grab the lunchbox	☐
7:30	Out the door!	☐

Night-before prep (do these the evening before):

- ☐ Lay out tomorrow's clothes
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