

My morning routine.

Week of _____

I check off each step I finish. A full day is a win.

MY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN
Use the bathroom, wash my hands	☐	☐	☐	☐	☐	☐	☐
Get dressed	☐	☐	☐	☐	☐	☐	☐
Eat breakfast	☐	☐	☐	☐	☐	☐	☐
Brush my teeth	☐	☐	☐	☐	☐	☐	☐
Shoes, coat, school bag	☐	☐	☐	☐	☐	☐	☐
My own step: _____	☐	☐	☐	☐	☐	☐	☐

Tip: post this chart where the action happens, and fill in the last row with your child. The first week, check it off together.

My evening routine.

Week of _____

From most active to calmest, always in the same order.

MY STEPS	MON	TUE	WED	THU	FRI	SAT	SUN
Tidy my room (5 minutes)	☐	☐	☐	☐	☐	☐	☐
Get my things ready for tomorrow	☐	☐	☐	☐	☐	☐	☐
Bath or shower	☐	☐	☐	☐	☐	☐	☐
Pajamas and brushing teeth	☐	☐	☐	☐	☐	☐	☐
Quiet time: reading or a story	☐	☐	☐	☐	☐	☐	☐
My own step: _____	☐	☐	☐	☐	☐	☐	☐

Tip: screens stop before the routine, not during. Quiet time prepares the brain for sleep.