



Name: _____

Date: _____



Good morning!

A calm morning starts with small steps. Let's get ready for a great day!

1. Wake Up



- ☐ Get out of bed
- ☐ Open my curtains/blinds
- ☐ Make my bed



2. Get Clean



- ☐ Use the bathroom
- ☐ Brush my teeth
- ☐ Wash my face
- ☐ Take a shower/bath
- ☐ Put on deodorant



1. Get Dressed



- ☐ Put on clean clothes
- ☐ Put dirty clothes in the hamper
- ☐ Put on socks and shoes

1. Eat & Drink



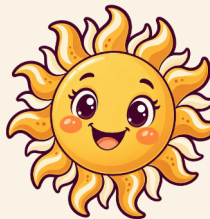
- ☐ Eat breakfast
- ☐ Drink water
- ☐ Take medicine/vitamins if needed

5. Get Ready for the Day



- ☐ Pack my backpack
- ☐ Check that I have my homework
- ☐ Bring my lunch/snack
- ☐ Bring my water bottle
- ☐ Bring anything special I need today

6. Before I Leave



- ☐ Clean up my space
- ☐ Check the time
- ☐ Say goodbye
- ☐ Take a deep breath
- ☐ Get ready to have a great day!



My Morning Check-In

How am I feeling this morning?

- ☐ Happy
- ☐ Calm
- ☐ Tired
- ☐ Worried
- ☐ Frustrated
- ☐ Sad
- ☐ Silly/energetic
- ☐ Not Sure



Something I need this morning:

I Did It!

I completed my morning routine! Today I am proud of myself because:

My goal for today:

Parent/Caregiver Encouragement:

Remember:

Every morning doesn't have to be perfect. We can pause, reset, and try again.