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Kids Morning Routine

A structured, stress-free start to productive and joyful school days.

STEP-BY-STEP DAILY SCHEDULE

Time	Task / Habit	Focus	Completed
7:00 AM	Wake Up & Stretch	Open blinds, let daylight in, and take a big deep	○
7:05 AM	Make the Bed	Pull up the sheets, arrange pillows nicely, and tidy up the sleeping space.	○
7:15 AM	Wash & Brush	Brush teeth thoroughly for 2 minutes, wash face with cool water, and brush hair.	○
7:30 AM	Healthy Breakfast	Eat a nutritious meal to fuel the brain. Drink a refreshing glass of water or milk.	○
7:50 AM	Get Dressed	Change into school clothes, pull on fresh socks, and put away worn pajamas.	○
8:05 AM	Pack the Bag	Double check folders, lunchbox, water bottle, homework, and any signed slips.	○
8:15 AM	Shoes & Jacket	Put on shoes securely, grab a jacket or coat, and stand ready by the door.	○

VISUAL ROUTINE CARD

Perfect for younger children to track tasks visually.

1. Wake Up
Rise and shine! Smile and stretch your body.
☐

2. Make Bed
Tidy up your blankets and pillows neatly.
☐

3. Brush Teeth
Clean away morning bugs for a bright smile.
☐

4. Eat Breakfast
Fuel your morning with healthy food.
☐

5. Get Dressed
Put on your favorite school clothes.
☐

6. Ready to Go
Pack your bag, slip on shoes, and let's head out!
☐

Weekly Routine Tracker & Rewards

Track your weekly consistency, practice good habits, and earn rewards together

WEEKLY HABIT CONSISTENCY CHART

Morning Habit	Mon	Tue	Wed	Thu	Fri	Streak Target
1. Early Wake Up	○	○	○	○	○	5 Days ⭐
2. Bed Made	○	○	○	○	○	4 Days ⭐
3. Teeth & Face Clean	○	○	○	○	○	5 Days ⭐
4. Independent Dressing	○	○	○	○	○	5 Days ⭐
5. School Bag Ready	○	○	○	○	○	5 Days ⭐

WEEKLY GOALS & INCENTIVES

Goal for the Week:

Complete at least 20 checks overall to unlock the Friday fun activity!

Reward / Celebration:

Family movie night with homemade popcorn or a trip to the local park!

PARENT NOTES & REMINDERS

Jot down special reminders, schedule tweaks, or positive reinforcement highlights:

e.g., Gym uniform needed on Tuesdays!

3 GOLDEN RULES FOR SMOOTH MORNINGS



Prep the Night Before

Lay out school clothes and pack backpacks before heading to sleep



Zero Screens

Keep TVs, tablets, and phones off until the entire morning checklist is done.



Prep the Night Before

Praise consistency and independent focus to build lasting healthy habits.