THE FAMILY WELLNESS

My morning routine

One step at a time. Help counts, too.

Name: _____ **Leave at:** _____



1. Wake up + bathroom

Use the toilet and wash hands.

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2. Get dressed

Put on the clothes set out for today.

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3. Eat breakfast

Sit down, eat and have a drink.

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4. Brush teeth

Ask for help when you need it.

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5. Check my bag

Lunch, water and today's essentials.

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6. Shoes + outerwear

Get ready for today's weather.

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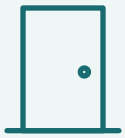

7. Leave together

Meet my responsible adult at the door.

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GROWN-UP NOTE

Change the order to fit your child. Offer help and supervise as needed.
Point to a picture, do the step together, then check the box.

Print and reuse in a wipe-clean sleeve. Keep needed care on your own plan.

thefamilywellness.com | Original family planning tool