

My Morning Routine

Check off each step as you go — you've got this!

Name: _____

☐**1**

Wake up & stretch

☐**2**

Use the bathroom & wash face

☐**3**

Brush teeth

☐**4**

Get dressed

☐**5**

Eat breakfast

☐**6**

Pack backpack & lunch

☐**7**

Shoes on — ready to go!

☐**+**

Add your own step: _____

This week's morning wins

Mon

☐

Tue

☐

Wed

☐

Thu

☐

Fri

☐

Sat

☐

Sun

☐

Tips for parents

Post this chart where your child can see it — fridge, bedroom door, or a family tablet. Fill in target times together once, then let the chart (not your voice) be the reminder. Celebrate a full row of checkmarks before adding new steps.

Free printable from kiddobell.com — family routines made calmer.