



Good Morning!

Let's get ready for the day, one step at a time.

Name _____

Date _____

I did it! Color a star

1



Wake up & stretch



2



Use the bathroom



3



Eat breakfast



4



Get dressed



5



Brush my teeth



6



Pack my bag



7



Shoes on — jacket & hat?



★ Tip: laminate this page and use a dry-erase marker so you can reuse it every day!



Goodnight Routine

Wind down and get cozy for a great night's sleep.

Name _____

Date _____

I did it! Color a star

1



Tidy up my toys



2



Bath time



3



Put on pajamas



4



Brush my teeth



5



Use the bathroom



6



Story time



7



Lights out — goodnight



★ Tip: a calm, predictable order helps signal the brain that it's time to rest.

From Mom's Little Trio



My Routine

Draw or write your own steps — perfect for after-school, homeschool, or chores.

Name _____

Date _____

I did it! Color a star

1



.....



2



.....



3



.....



4



.....



5



.....



6



.....



7



.....



★ For parents: keep it to 5–7 steps and add a small picture in each circle to help pre-readers.



My Week of Wins!

Earn a star every time you finish a routine.

Week of _____

Color a star each time you finish a routine!

 Morning

 Bedtime

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



My reward when I fill my stars:

★ Tip: pick the reward together — extra story time, a park trip, or a sticker work great!

From **Mom's Little Trio**



How to Use These Charts

Six small things that make routines actually stick.

Routines give a busy brain a calm, clear path to follow. Here's what tends to help most:



Same time, same order

Predictable routines lower stress and cut down on daily power struggles.



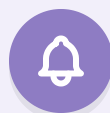
Add a picture

A small drawing or photo in each circle lets pre-readers follow along on their own.



Praise the effort

Celebrate trying and finishing — not doing it perfectly or quickly.



Warn before switching

A heads-up like “two more minutes” makes transitions far smoother.



Do it together first

Sitting alongside them while they start builds the habit before they fly solo.



Keep it short

Five to seven steps is the sweet spot — long lists feel overwhelming.

Every kid is different — adjust freely. This is a tool, not a test. ★

Shared from one parent's experience for general support only, and not a substitute for medical advice.
For guidance tailored to your child, talk with your pediatrician or care team.

From **Mom's Little Trio**