



Morning Routine Builder

A structured morning routine helps children start their day with confidence and ease. Use this worksheet to create a simple, predictable morning plan with your child.

What's Our Wake-Up Time?

Our goal is to wake up at: _____

3-5 Steps for Our Ideal Morning Routine

(Write out simple, clear steps to follow each morning.)

1. _____
2. _____
3. _____
4. _____
5. _____

What Helps Us Stay on Track?

(Choose strategies that make mornings smoother.)

- ☒ **Timers** – Use a countdown or alarm for each task.
- ☒ **Checklists** – A visual chart or dry-erase board to track progress.
- ☒ **Rewards** – Stickers, praise, or a small incentive for completing tasks on time.
- ☒ **Other:** _____

Notes: _____



💡 Want to Improve your morning routine?

Book a **free 30-minute consultation** to get **personalized guidance**.



[Schedule Here](#)

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A consistent morning routine **reduces stress, builds independence, and sets a positive tone for the day**. What's one small step you can implement tomorrow? ✅☀

Warmly,

Tom