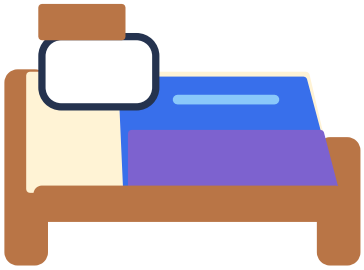
Morning routine chart

Choose the cards that fit your day. An adult can cut them out and place them on the Now and Next board.



wake up



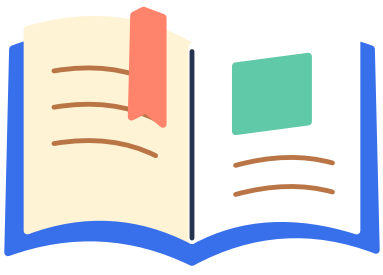
get dressed



breakfast



brush teeth



quiet time



ready to leave

My Now and Next board

Choose a first step and what comes after. Change the cards whenever your plans change.

Now

Place a picture card here.

Next

Place a picture card here.

Morning routine chart — answers

For the grown-up. Accept familiar alternative names where appropriate.

Grown-up note: Possible picture meanings: bed = wake up; sock = get dressed; cup = breakfast; toothbrush = brush teeth; book = quiet time; backpack = ready to leave. Your household decides the order and the words used for each step.