



# Morning Routine

Start the day feeling organised and ready

1



## Wake up

Get up at your set time.  
Turn off alarm and get out of bed.

☐

2



## Make your bed

Tidy your room (quick tidy).

☐

3



## Wash and get ready

Shower or wash.  
Brush teeth.  
Deodorant and hair.

☐

4



## Get dressed

Choose clothes for the day  
(have them ready the night before  
if possible).

☐

5



## Eat breakfast

Fuel your body and brain.  
Take any medication if needed.

☐

6



## Check your bag

Phone, keys, wallet/purse,  
lunch, homework, PE kit  
and anything else you need.

☐

7



## Check your plan

Look at your timetable or to-do list  
for the day.

☐

8



## Head out

Leave on time and head to school,  
college or your day.

☐

# Night Routine

Wind down, switch off and get a good night's sleep

1



## Tidy up

Put away school bags, books  
and other things.

☐

2



## Have a snack and drink

A light, healthy snack if needed.  
Drink some water.

☐

3



## Shower or bath

Clean body and freshen up.

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4



## Get changed

Put on pyjamas.

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5



## Switch off screens

Turn off phone, tablet, laptop,  
TV and games (aim for 30–60  
minutes before bed).

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6



## Relax

Read, listen to music, do a calming  
activity or talk with family.

☐

7



## Prepare for tomorrow

Check timetable, pack bag,  
lay out clothes, set alarm.

☐

8



## Lights out

Go to bed at your set time to  
help your body and brain rest.

☐

## Top Tips



Keep a consistent  
routine (even at  
weekends if possible).



Use visual  
reminders like  
this checklist.



Keep times  
realistic and  
adjust if needed.



Be positive –  
small steps make  
a big difference!