



Daily Routines

for a Calmer, Happier Day



Morning Routine

Get Ready for a Great Day



1. Wake up

Use a consistent wake-up time.

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2. Make your bed

A quick win to start the day!

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3. Brush teeth and wash face

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4. Get dressed

Choose clothes the night before if possible.

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5. Eat breakfast

Fuel your brain and body for the day.

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6. Pack up

Backpack, lunch, homework and anything else you need.

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7. Out the door

Time for school or your day!

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Night Routine

Wind Down for Restful Sleep



1. Tidy up

Take a few minutes to put things away.

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2. Bath or shower

Clean body, calm mind.

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3. Put on pajamas

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4. Brush teeth

Keep smiles healthy!

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5. Quiet time

Read, listen to calm music, or a quiet activity.

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6. Lights out

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

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Tips for Success



Keep routines consistent every day (weekdays and weekends).



Use visual reminders like this checklist.



Keep steps simple and realistic.



Be positive and celebrate effort!