

MORNING ROUTINE CHART

HOW TO MAKE

1 **Print** pages 2 and 3. On page 3, the Morning Routine Template, fold the paper on the two solid lines. Next, cut along the dotted lines until you reach the solid line.



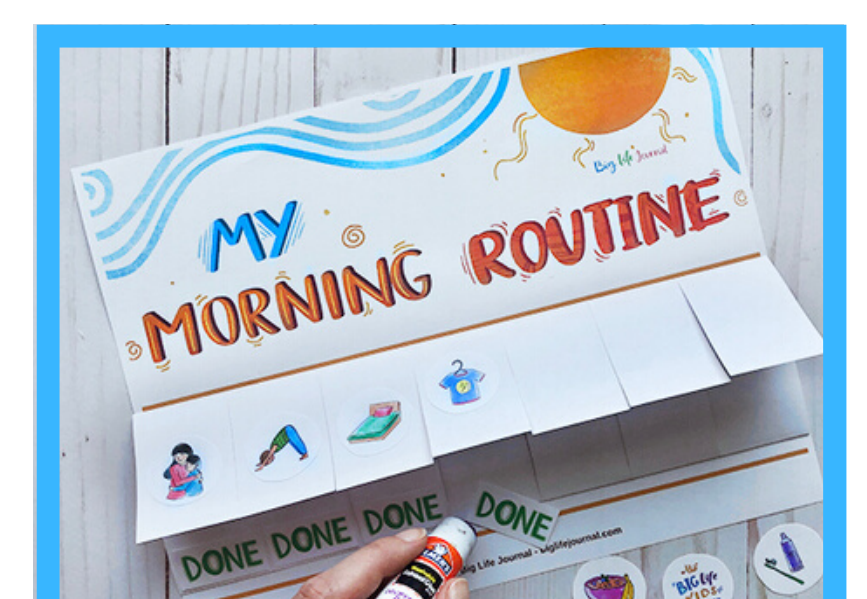
3 **Print** page 4 and 5, the Morning Routine Activities pages. Cut out the routine activities you would like to use. Open the flaps and paste the routine task cards in the centre between the solid lines.



2 **Paste** the Morning Routine Template on Page 2, the Morning Routine Title, in the space provided. Do not paste the pre-cut flaps. The larger flaps should be on the bottom.



4 **Print** page 6, the Morning Routine Elements, and cut along the dotted lines. Close your flaps with the top flap overlapping the bottom. Paste the word DONE on the bottom flap. Paste the circle illustrations on the top flap.



Now you are ready to use your Morning Routine Chart!

Start with your flaps down and when you complete an activity, secure the flap with the tabs.

MY MORNING ROUTINE

					
DONE	DONE	MAKE BED	GET DRESSED	EAT BREAKFAST	BRUSH TEETH

the BIG Life KIDS PODCAST



MY

Big Life Journal

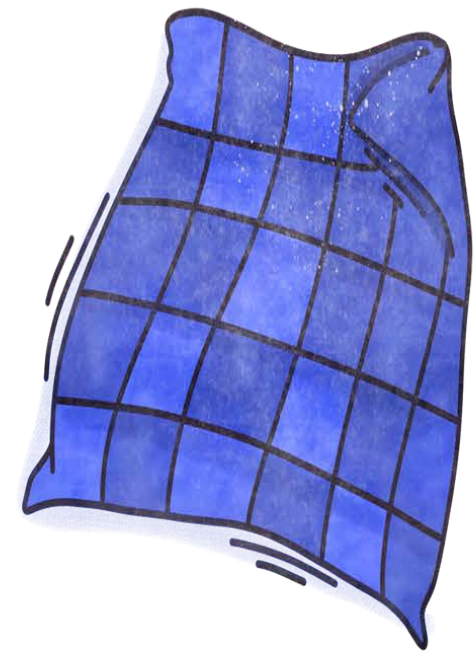
MORNING ROUTINE

GLUE MORNING ROUTINE TEMPLATE HERE

MORNING
ROUTINE
TEMPLATE

MORNING ROUTINE ACTIVITIES

SNUGGLE



DO A
MINDFULNESS
EXERCISE



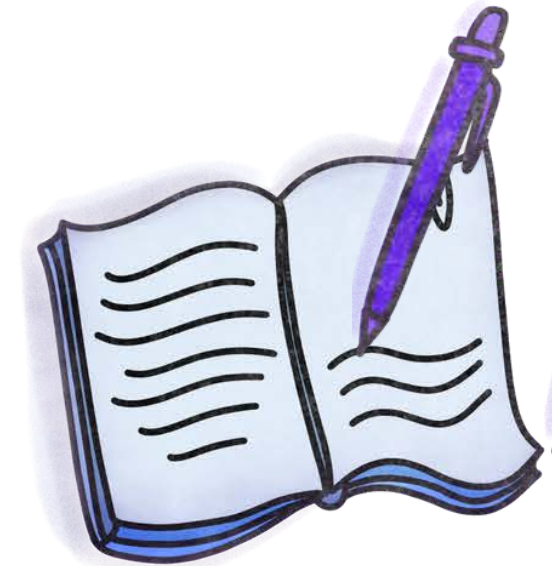
MEDITATE



CHOOSE
AN
AFFIRMATION



WRITE IN
A JOURNAL



LISTEN
TO
MUSIC



SAY WHAT
YOU ARE
GRATEFUL
FOR



CHOOSE A
DAILY
INTENTION



LISTEN TO
A PODCAST



EAT
BREAKFAST



MORNING ROUTINE ACTIVITIES

STRETCH



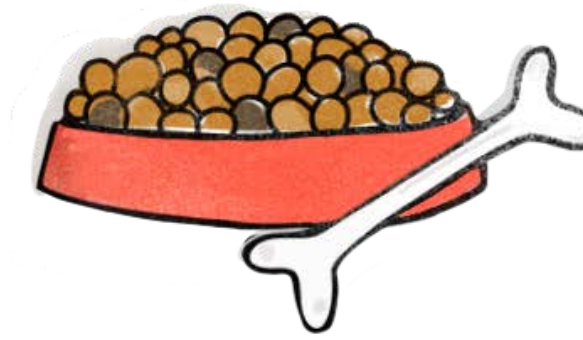
BRUSH
TEETH



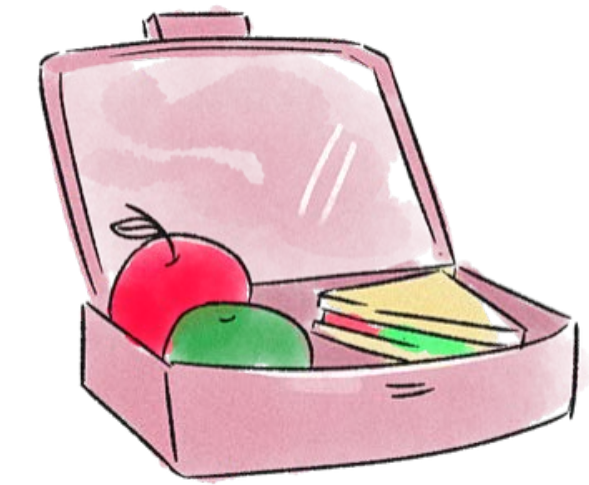
GET
DRESSED



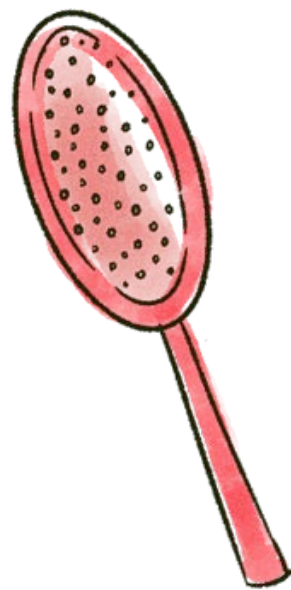
CARE FOR
PETS



MAKE
LUNCH



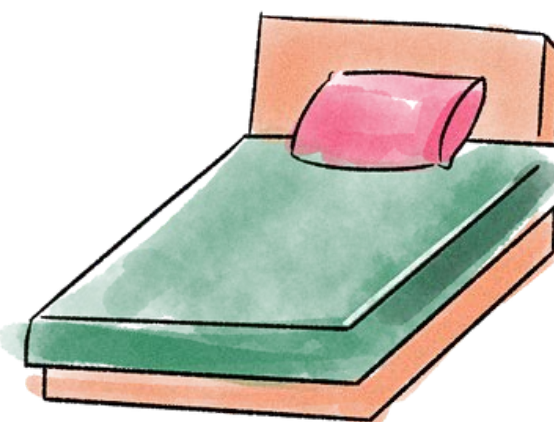
BRUSH
HAIR



PACK
BACKPACK



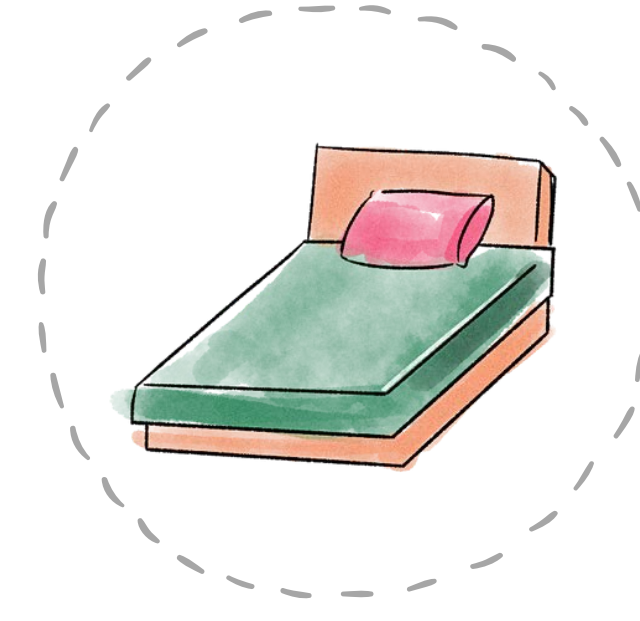
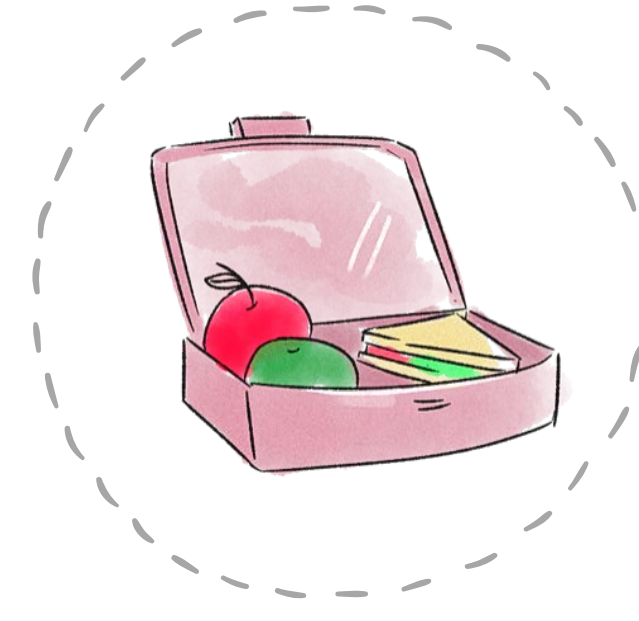
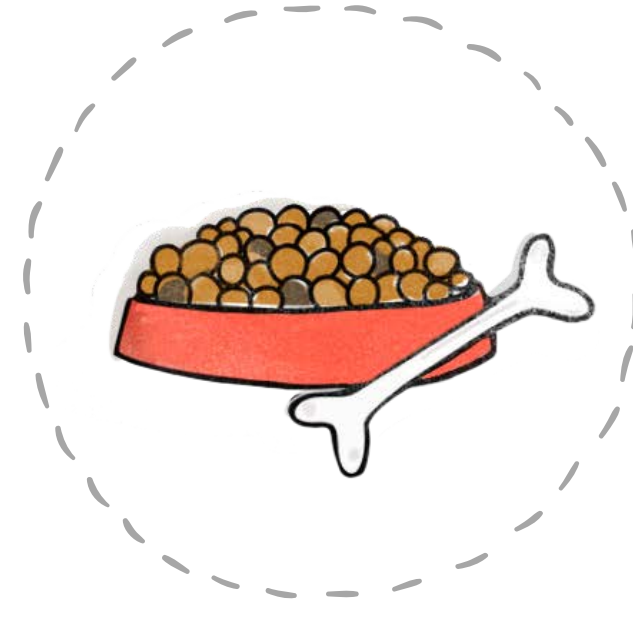
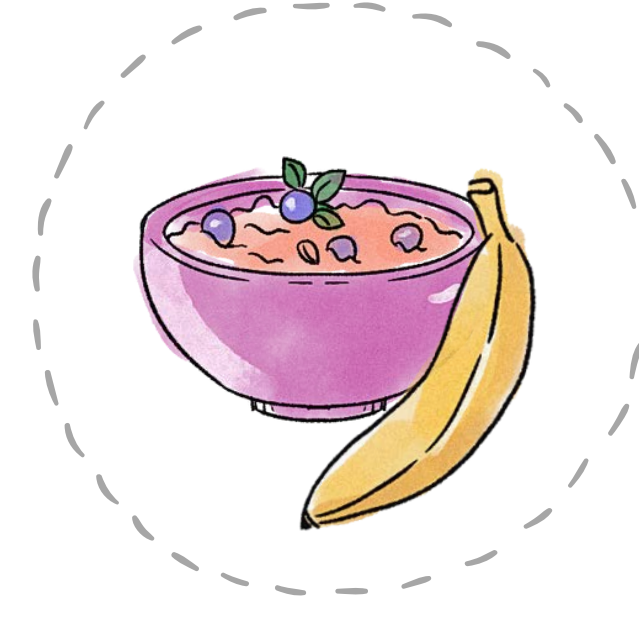
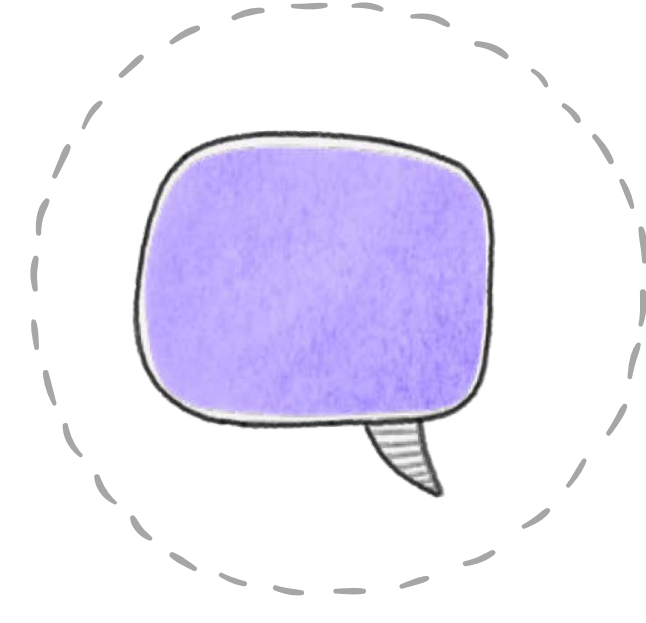
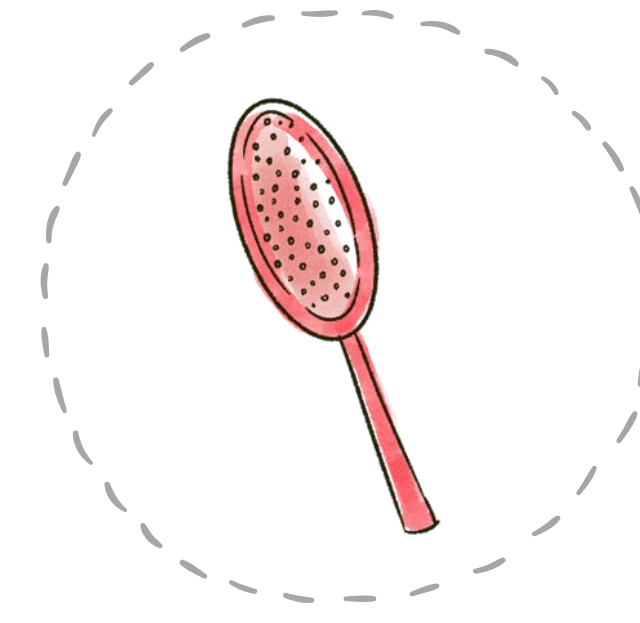
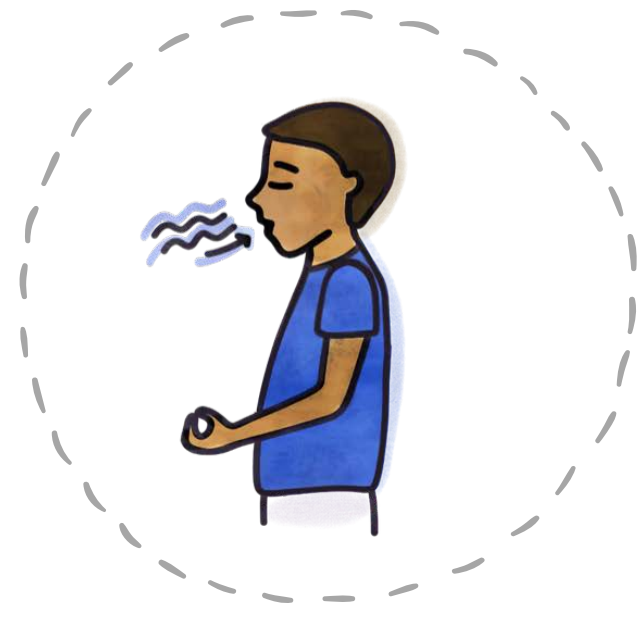
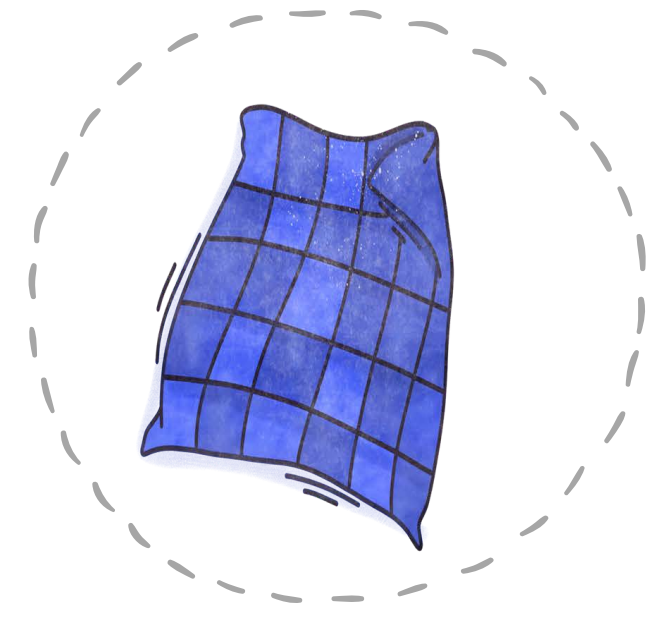
MAKE
BED



GIVE
HUGS



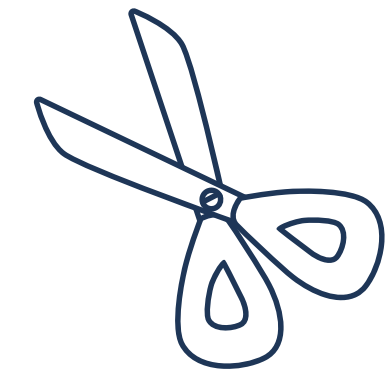
MORNING ROUTINE ELEMENTS



DONE

DONE

DONE



DONE

DONE

DONE

DONE