My morning.

Trace each word. Tick a box when you have done it.

Name _____

	Trace it	Mon	Tue	Wed	Thu	Fri
1		wake up	☐	☐	☐	☐	☐
2		toilet	☐	☐	☐	☐	☐
3		get dressed	☐	☐	☐	☐	☐
4		breakfast	☐	☐	☐	☐	☐
5		brush teeth	☐	☐	☐	☐	☐
6		shoes and coat	☐	☐	☐	☐	☐

My evening.

Trace each word. Tick a box when you have done it.

Name _____

	Trace it	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1		tidy up	☐	☐	☐	☐	☐	☐	☐
2		bath	☐	☐	☐	☐	☐	☐	☐
3		pyjamas	☐	☐	☐	☐	☐	☐	☐
4		brush teeth	☐	☐	☐	☐	☐	☐	☐
5		story	☐	☐	☐	☐	☐	☐	☐
6		sleep	☐	☐	☐	☐	☐	☐	☐

Make your own.

Draw each step in a box, write its name, then tick it off.

Name _____

My _____ routine

	Write it	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1		☐	☐	☐	☐	☐	☐	☐
2		☐	☐	☐	☐	☐	☐	☐
3		☐	☐	☐	☐	☐	☐	☐
4		☐	☐	☐	☐	☐	☐	☐
5		☐	☐	☐	☐	☐	☐	☐

A note for grown-ups

1. **Keep it to a few steps.** Three to six steps is plenty. A short chart feels easy to finish, and you can add a step later.
2. **Use pictures.** Draw each step together, or let your child draw it. Pictures mean they can follow the chart before they can read it.
3. **Praise the doing.** Notice each step as it happens, like “You put your shoes on all by yourself!”, rather than waiting for a full row of ticks.