# My Morning Routine

Do each step, then check a box. Add your own steps at the end!

| | | Day 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|---|
| 1 |  Wake up | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 2 |  Get dressed | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 3 |  Eat breakfast | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 4 |  Brush teeth | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 5 |  Pack my bag | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 6 | | _____ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 7 | | _____ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |
| 8 | | _____ | ☐ | ☐ | ☐ | ☐ | ☐ | ☐ |


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A screen-free first device, before the phone. pekopal.com

# Morning Step Cards

Cut out a card and tape it over a picture box, or in an empty one.



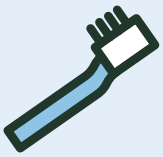
Wake up



Get dressed



Eat breakfast



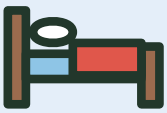
Brush teeth



Pack my bag



Put on shoes



Make my bed



Brush my hair



Drink some water



Say good morning



Give a hug

Draw and write your own

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