

Morning Checklists



Thank you for downloading a morning checklist for your daughter.

There are two designs to choose from. One with images (for younger girls) and one with text only. I introduced a morning checklist to my daughter when she was 6 years old and found it extremely helpful. It taught her how to stick to a routine and highlighted to her that she needed to do the same things each morning to get ready for school.

Note: Don't worry if your daughter is too young to make her bed. Allow her to give it a go, even if it means just pulling the covers up and fluffing her pillow. It is about teaching her independence and responsibility. If you want to, you can always go back and make the bed up properly when she is at school... I did!

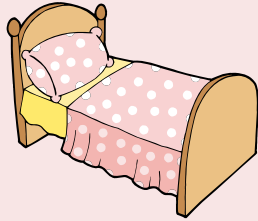
If the checklist is not in the order that you prefer, feel free to contact me at alli@littlegirlshining.com and I will happily customise it for you!

Alli x

MY MORNING CHECKLIST

1

Make my bed.



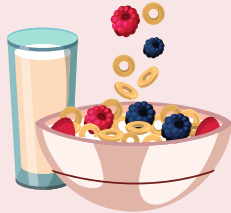
2

Go to the toilet.
Wash my hands.



3

Eat my breakfast.



4

Brush my teeth.
Wash my face.



5

Dress myself.



6

Brush my hair (ready for mum to style).



7

Pack my school bag with lunch and water bottle.



8

Put my shoes on.



My Morning Checklist

- 1 Make my bed
- 2 Go to the toilet / Wash my hands
- 3 Eat my breakfast
- 4 Brush my teeth/ wash my face
- 5 Dress Myself
- 6 Brush my hair
- 7 Pack my school bag (with lunch and water bottle)
- 8 Put my shoes on