



Morning Checklists

Thanks for downloading the morning checklist for your daughter.

There are 3 checklists to choose from.

- One with image prompts (for younger girls)
- One with text only (for older girls)
- One you can customise in the order you prefer

I introduced a morning checklist to my daughter when she was 6 years old and found it extremely helpful. It taught her independence, 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.

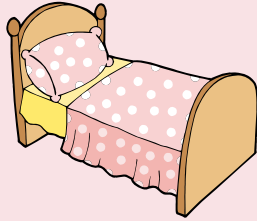
Note: Don't worry if your daughter is too young to make her bed. Allow her to give it a go, even if it means just pulling the covers up and fluffing her pillow. It's about teaching her independence and responsibility. If you want to, you can always go back and make the bed up properly when she's at school...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

Alli x

MY MORNING CHECKLIST

1

Make my bed.



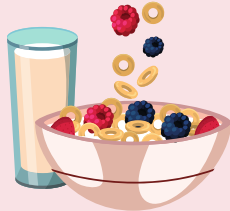
2

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 | <input type="checkbox"/> |
| 2 | Go to the toilet /
Wash my hands | <input type="checkbox"/> |
| 3 | Eat my breakfast | <input type="checkbox"/> |
| 4 | Brush my teeth/
wash my face | <input type="checkbox"/> |
| 5 | Dress Myself | <input type="checkbox"/> |
| 6 | Brush / style my hair | <input type="checkbox"/> |
| 7 | Pack my school bag (with
lunch and water bottle) | <input type="checkbox"/> |
| 8 | Put my shoes on | <input type="checkbox"/> |

MAKE YOUR OWN MORNING ROUTINE!

Cut each task out, go to the last page, and glue it in the order your prefer.



Make my bed

Go to the toilet /
Wash my hands

Eat my breakfast

Brush my teeth/
wash my face

Dress Myself

Brush my hair

Pack my school bag (with
lunch and water bottle)

Put my shoes on

MY MORNING CHECKLIST

1		<input type="checkbox"/>
2		<input type="checkbox"/>
3		<input type="checkbox"/>
4		<input type="checkbox"/>
5		<input type="checkbox"/>
6		<input type="checkbox"/>
7		<input type="checkbox"/>
8		<input type="checkbox"/>