

My Daily Routine

Name: _____ Date: _____



Wake up & get dressed

☐

Breakfast

☐

Brush teeth

☐

School / activity

☐

Snack

☐

Play time

☐

Dinner

☐

Bath

☐

Story

☐

Bedtime

☐☐☐

How to use this

Draw a simple picture (or stick a photo) for each step of the day.

Go through it together each morning so your child knows the plan.

Let them tick or move a peg as each step is done — they love this bit.

Keep it in the same spot so it becomes part of the routine.

Pairs with our free **Better Sleep program** at inclusivetherapycentre.com/home-programs