



My Morning Checklist

One step at a time. Check each box when you finish.

MY NAME

DATE

MY STEPS

DONE

1



Wake up

☐

2



Use the toilet

☐

3



Wash my hands and face

☐

4



Get dressed

☐

5



Eat breakfast

☐

6



Brush my teeth

☐

7



Get my bag ready

☐

8



Put on my shoes

☐

Our extra step (optional)

☐

For grown-ups: Practice together, then let your child check each step.

Print and laminate to reuse with a dry-erase marker, or check the boxes on screen.

Skip or adapt steps to suit your family. Clear the boxes before the next routine.