



Morning Routine Checklist

Visual steps for calmer, more independent mornings



Elementary • Home & Classroom

16-page printable collection • 2026 Edition • Version 2.1
Free for personal and single-classroom use

Quick Start

A practical setup guide for adults.

1 Pick one page

Begin with the ready-made checklist or build a six-step routine.



2 Teach when calm

Walk through the page before using it during a busy morning.



3 Point, then pause

Say "Check your list," point once, and allow processing time.



4 Reset without shame

If the routine stalls, return to one visible next step.



Keep it simple

A checklist reduces repeated verbal reminders.
It does not need to be completed perfectly to be useful.

Printing & Reuse

Choose the setup that fits your home or classroom.



Display options

Place the page in a sleeve, on a clipboard, at eye level, or near the location where the first step happens.



Choose the right length

Use 4–6 steps for younger children or difficult mornings. Add steps only after the shorter routine is familiar.



Prompt neutrally

Try “What is next?” or “Check your list.”
Avoid adding several directions at once.



Recommended print settings

US Letter • 100% / Actual Size • portrait orientation. Test one page on regular paper before using cardstock, lamination, or a dry-erase sleeve.

My Morning Routine

Check each step when it is finished.

☐

Make my bed

☐

Brush my teeth

☐

Get dressed

☐

Eat breakfast

☐

Pack my bag

☐

Brush my hair

☐

Put on my shoes

☐

Ready to go



I noticed...



One thing I want to remember...



Short Morning Routine

Four steps for rushed or difficult mornings.

☐

Brush my teeth

☐

Get dressed

☐

Eat breakfast

☐

Pack my bag



I noticed...



One thing I want to remember...





Build a 6-Step Routine

Write or draw the steps that fit your home.

Step
1

Step
2

Step
3

Step
4

Step
5

Step
6



Small details make learning visible.



Build an 8-Step Routine

Add only the steps your child actually needs.

☐

1.

☐

2.

☐

3.

☐

4.

☐

5.

☐

6.

☐

7.

☐

8.



I noticed...



One thing I want to remember...



Choose the First Step

Make starting concrete and easy to see.



When the routine begins...



My first action is...



The adult will say...



The page will be placed...

Small details make learning visible.

Tonight Helps Tomorrow

Prepare a few things before bed.

☐

Choose clothes

☐

Pack backpack

☐

Set out breakfast items

☐

Place shoes by the door

☐

Charge needed device

☐

Put papers by the bag



I noticed...



One thing I want to remember...



Bathroom Routine

Keep the sequence short and visible.

☐

Use the toilet

☐

Flush

☐

Wash hands

☐

Brush teeth

☐

Comb or brush hair

☐

Check the mirror



I noticed...



One thing I want to remember...



Getting Dressed

One clothing step at a time.

☐

Choose clothes

☐

Put on underwear

☐

Put on top

☐

Put on bottoms

☐

Put on socks

☐

Put on shoes



I noticed...



One thing I want to remember...



Breakfast Routine

From table to ready for the next step.



Sit at the table



Choose breakfast



Eat and drink



Put dishes away



Wipe my place



Check the routine



I noticed...



One thing I want to remember...



Ready to Leave

A final check near the door.

☐

Backpack

☐

Lunch or snack

☐

Water bottle

☐

Jacket

☐

Shoes

☐

Special item

☐

Say goodbye

☐

Ready



I noticed...



One thing I want to remember...





Gentle Restart Plan

Plan what to do when the routine gets stuck.



The signs I notice...





One calming support...





The smaller next step...





Words we will use...



Small details make learning visible.



Weekly Morning Tracker

Notice patterns without grading the child.

☐

Monday

☐

Tuesday

☐

Wednesday

☐

Thursday

☐

Friday



I noticed...



One thing I want to remember...





Morning Reflection

Celebrate progress and adjust one thing.



One step that became easier...



One step that still needs support...



Something the child did independently...



One change for next week...



Small details make learning visible.