

KIDS' MORNING ROUTINE

(Sample)

6:30 AM	Wake up (5 min)
6:35 AM	Make Bed (1 min)
6:36 AM	Get Dressed (5 min)
6:41 AM	Eat Breakfast (15 min)
6:56 AM	Brush Teeth (3 min)
7:10 AM	Fix Hair (10 min)
7:20 AM	Shoes on + leave (3 min)

Following the steps below, this sample routine was created and times were assigned.

KIDS' MORNING TASKS

First, write out the tasks that need to be completed in the morning. Do as much as possible the night before. Estimate how long each task will take, then add up the time.

Wake up	5 min

Total:

KIDS' MORNING SCHEDULE

Now, figure out what time you need to leave the house. Subtract your total from above from that time you need to leave. Include 10-20 minutes of buffer. Assign each task a time.

	Wake up

MORNING ROUTINE ✓ CHECKLIST

Create a checklist of all the tasks so your children can work implement the routine independently.

	Wake up
	Get Dressed
	Brush Teeth
	Fix Hair