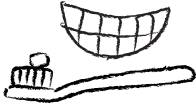





Routines help us know what to expect. Rosita has a fun routine to get ready each morning! First, she always brushes her teeth, bathes and gets ready; then, she eats breakfast; and last, she reads a storybook with her grandmother. Rosita drew pictures of her morning routine and hung them up next to her bed to remember what to do when she wakes up. What fun things do you do in the morning to get ready? What comes first, next, and last? Draw pictures of your own morning activities in the chart, and hang it up next to your bed, just like Rosita!



Rosita's Morning Routine!

	brush teeth
	get dressed
	eat breakfast
	Read a storybook with grandmother

My Morning Routine!

Tips for Parents/Caregivers

- Routines foster a sense of predictability and safety for children.
- Help your child think about his/her morning routine.
- Encourage your child to draw pictures of those activities in the left column of the chart.
- Guide the child to label the activity (e.g. "Brush teeth") in the right column.
- Help your child to cut out this chart with safety scissors, and use a piece of tape to hang it up next to his/her bed, so he/she knows what to expect and what to do first after waking up!