

# MY DAILY ROUTINE

A predictable routine helps me feel safe,  
calm, and ready for the day. 

## ★ MY GOAL TODAY

Today I want to...

## POSITIVE WORDS FOR TODAY (check or add your own!)

☐ Brave ☐ Calm ☐ Kind ☐ Patient ☐ Happy ☐ Focused

☐ \_\_\_\_\_ ☐ \_\_\_\_\_



Tick when  
the activity  
is done



Add stars for  
each section  
when complete



Cross out or skip  
anything that is  
not part of today



Add your own  
activities in the  
blank spaces



## MORNING



Wake Up



Bathroom



Get  
Dressed



Breakfast



Brush  
Teeth



School /  
Learning

I did it!



## AFTERNOON



Lunch



Therapy /  
Learning



Play Time



Movement  
Break



Snack

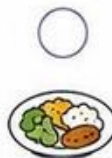


Help at  
Home

I did it!



## EVENING



Dinner



Bath /  
Shower



Pajamas



Brush  
Teeth



Story  
Time



Bedtime

I did it!



## HOW DID TODAY FEEL?



Circle one



## MY REWARD

After finishing my routine I can:

\_\_\_\_\_



## ♥ NOTES FOR PARENTS / CAREGIVERS

\_\_\_\_\_

