My Morning by _____

How to use your chart

1. Write your name on the line above.
2. In each box, write or draw one step of your morning, in the order you do it (for example: get dressed, breakfast, brush teeth, pack bag).
3. Add a picture or sticker to each step so you can see it at a glance.
4. In the green box, write something you get to do if you are ready on time.
5. Stick the chart where you get ready, such as your bedroom door or the bathroom mirror.
6. Try it for a week, then change any step that is not working.

1

2

3

4

5

6

If I get ready quickly, then I get to...