

Morning Routine

This is a visual timetable to help with the morning routine.

On the second page are a number of visuals for different parts of the morning routine. There are some alternatives with different visuals - see what works for you. There are also blanks for you to add any additional activities you want.

Use the frame on the right to put the activities in the order that works for you.

Morning

[illegible]



toilet



toilet



wash hands

and



face



pyjamas



off



shower



wash hair



clothes on



breakfast



breakfast



brush teeth



TV



shoes on



coat

and



bag



school