

Routine schedule for children

Fill in your own times and steps. Hang the schedule where it is seen during the routine.

CHILD _____

DATE _____

Morning

- 1 Wake up and get out of bed
- 2 Toilet, brush teeth, wash hands
- 3 Get dressed (clothes laid out the night before)
- 4 Eat breakfast
- 5 Pack the school bag
- 6 Jacket and shoes
- 7 Leave the house

Afternoon

- 1 Come home, hang up the jacket
- 2 Snack and quiet time
- 3 Homework or one focused task
- 4 Free time / play
- 5 Help set the table for dinner

Evening

- 1 Dinner
- 2 Tidy up the day (10 min)
- 3 Pack tomorrow's school bag
- 4 Lay out tomorrow's clothes
- 5 Brush teeth and pyjamas
- 6 Story or quiet activity
- 7 Lights out

THREE QUICK TIPS

- Start with 3–4 steps. Add more after a week.
- Use images for younger children, text for older. Or mix both.
- A clear endpoint — a check, a star, a high five — helps the brain register that the task is done.