AN EXAMPLE FOR YOUR FAMILY

Our Evening Rhythm

An example to follow or change. Choose the order that feels right for your family.



Toys to bed

A place for the toys to rest.



Wash and brush

A little wash. Clean teeth.



Get cosy

Pyjamas on, ready for the evening.



A story together

A book and a little time together.



Our goodnight

Our familiar words before rest.

You can also look at tomorrow’s morning cards before saying goodnight. Keep it brief: “We will get ready, then go to nursery.”

YOUR FAMILY'S BOARD

Our Evening Rhythm

Cut out the matching picture cards and arrange them in the order that suits your day.

1

2

3

4

5

Use reusable adhesive or hook-and-loop dots to attach the cards. You can also arrange the cards in a row without this board.

PICTURE CARDS TO CUT OUT

Our Evening Rhythm

For a grown-up: cut around the dotted edges. Each card fits the matching board.



Toys to bed

A place for the toys to rest.



Wash and brush

A little wash. Clean teeth.



Get cosy

Pyjamas on, ready for the evening.



A story together

A book and a little time together.



Our goodnight

Our familiar words before rest.

An adult should do the cutting. No ticking, scoring or rewards. Point to what comes next and change the plan when needed.

AN EXAMPLE FOR YOUR FAMILY

Our Morning Rhythm

An example to follow or change. Choose the order that feels right for your family.



Good morning

A new day is beginning.



Toilet, wash and brush

A little time to freshen up.



Get dressed

Clothes for the day ahead.



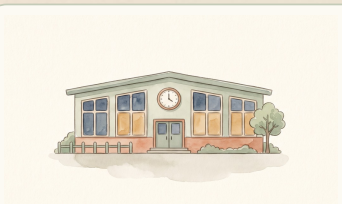
Breakfast time

Something to eat and drink.



Shoes and bag

The things we need are ready.



School today

This is where we are going next.

The last picture shows what happens after getting ready. Choose a different destination from page 7 when needed.

YOUR FAMILY’S BOARD

Our Morning Rhythm

Cut out the matching picture cards and arrange them in the order that suits your day.

1

2

3

4

5

6

Set out the morning cards together the evening before if that feels useful. Skip any steps you do not need.

PICTURE CARDS TO CUT OUT

Our Morning Rhythm

For a grown-up: cut around the dotted edges. Each card fits the matching board.



Good morning

A new day is beginning.



Toilet, wash and brush

A little time to freshen up.



Get dressed

Clothes for the day ahead.



Breakfast time

Something to eat and drink.



Shoes and bag

The things we need are ready.



School today

This is where we are going next.

Look through the pictures together during the day. At bedtime, a brief look at tomorrow’s plan is enough. There is no need to rehearse every detail.

WHERE ARE WE GOING NEXT?

Our Morning Rhythm

Choose the picture that matches the day. These cards replace “School today” in the example.



School today

We are going to school.



Nursery today

We are going to nursery.



At home today

We are staying at home.



Going out today

We have somewhere to go.

A little bridge between tonight and tomorrow

Some children want to know what the next morning will bring. Choose the cards together before bedtime and describe the plan in a few familiar words.

Use a photo of the actual place if that is clearer. If plans change, explain the change and swap the card. This is a guide to the plan, not a promise that nothing can change.

An adult should do the cutting. Keep small adhesive pieces out of reach of young children. These printables are visual aids, not a treatment or a reward chart.