01 / THE CHILD-READABLE PATH

School Morning Routine Checklist

Choose the steps that fit your family. Put this where your child can see the next step.

SCHOOL DAY _____ LEAVE BY _____ GROWN-UP / RIDE _____

OUR MORNING PATH

Put a check in the box when each step is finished.

ORDER	WHAT I DO	DONE
	Wake up + bathroom Use the bathroom and start the day.	☐
	Get dressed Clothes on; socks where I can find them.	☐
	Breakfast + water Eat breakfast; get my water bottle.	☐
	Teeth + hair Finish the bathroom steps I need.	☐
	Bag + school items Folder, lunch and any special item packed.	☐
	Shoes + layers Shoes on; jacket if needed.	☐
	Door check My bag and I are at the door.	☐
	Our own step _____	☐

READY TO LEAVE MEANS...

☐ Bag + water ready ☐ Shoes on ☐ Pickup / ride confirmed

TODAY IS DIFFERENT

_____

_____

STILL THE SAME

_____

_____

Tip: Read the next step aloud. Change the plan when real life changes.

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A Short Setup for the Whole Family

Set the plan together once, then adjust what creates extra work or confusion.

THE NIGHT-BEFORE RESET

Write who owns each important handoff.

- [ ] Clothes and shoes in their usual place
  Who: _____
- [ ] Folder, forms and bag checked
  Who: _____
- [ ] Lunch / water preparation agreed
  Who: _____
- [ ] Leave time and ride confirmed
  Who: _____

WORK BACKWARD FROM THE ACTUAL LEAVE TIME

Example times are illustrative, not a rule.

EXAMPLE / 7:45 AM DEPARTURE

7:00	Wake + bathroom
7:10	Get dressed
7:20	Breakfast
7:32	Teeth + hair
7:38	Bag + shoes
7:45	Out the door

OUR OWN TIMING

WHEN SOMETHING CHANGES

CHANGED

Rain: we drive instead of walk.

Next: put on shoes, then meet the driver.

SAME

Breakfast and school start stay the same.

IF A STEP KEEPS GETTING STUCK

Too many steps?
Start with the four most helpful.

No time at the door?
Move one search to the night before.

Different drivers?
Name the lead and the backup.

Plans change?
Show changed, same and next.

AFTER THREE MORNINGS, KEEP: _____

AND CHANGE: _____

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