EVERYDAY ROUTINES

Our day has many moments

Point to familiar moments. Your order may be different.



Morning



Mealtime



Learning & play



Helping



Rest & bedtime

EVERYDAY ROUTINES

Our morning strip

Use or draw your steps. A grown-up may cut the cards apart.

1 Wake



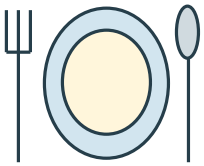
2 Body care



3 Dress



4 Breakfast



5 Check bag



6 Ready



You can change the steps. Keep help and connection in the routine.

EVERYDAY ROUTINES

Our bedtime strip

Use or draw your steps. A grown-up may cut the cards apart.

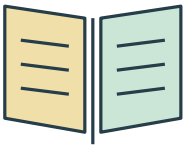
1 Slow down



2 Body care



3 Read or talk



4 Rest



You can change the steps. Keep help and connection in the routine.