



Morning Routine for Kids: Calm Start Checklist



Help your child start the day with confidence! Use this checklist to build a calm, consistent morning routine.

✓ The Night Before

- ☐ Pick out clothes and shoes
- ☐ Pack backpack with completed homework
- ☐ Set out lunchbox and water bottle
- ☐ Review tomorrow's schedule with your child
- ☐ Go to bed on time

🕒 Wake-Up Routine

- ☐ Wake up at the same time every day
- ☐ Stretch or do a quick body wake-up
- ☐ Bathroom + brush teeth
- ☐ Get dressed (clothes ready from last night)

🧩 Visual Schedule (for younger kids)

- ☐ Use icons or pictures for each task
- ☐ Post it where your child can see it
- ☐ Check off each step together
- ☐ Celebrate small wins!

🍴 Breakfast Basics


- ☐ Choose 2–3 go-to meals your child likes
- ☐ Keep options simple and fast (toast, yogurt, fruit)
- ☐ Use breakfast time to check in and chat
- ☐ Remind them what's coming next

Launch Pad Zone

- ☐ Keep backpack, shoes, and coat in one spot
- ☐ Use bins, hooks, or a mat to define the area
- ☐ Pack everything before breakfast when possible
- ☐ Do a final check before heading out

Optional Add-Ons

- ☐ Play a morning playlist to keep energy up
- ☐ Use a timer for key transitions (getting dressed, leaving on time)
- ☐ Celebrate routine success with a sticker or smile chart

 **Tip:** Want this in picture form for your child? Use stickers, Velcro cards, or a magnetic board with the steps!

