MY MORNING FLOW

- [ ] *Wake Up*
- [ ] *Bathroom*
- [ ] *Wash Hands*
- [ ] *Breakfast*
- [ ] *Get Dressed*
- [ ] *Brush Teeth*

MY BEDTIME FLOW

- [ ] *Bath*
- [ ] *Pajamas*
- [ ] *Brush Teeth*
- [ ] *Story*
- [ ] *Lights Low*
- [ ] *Sleep*

MY AFTER-SCHOOL FLOW

- [ ] *Shoes Off*
- [ ] *Wash Hands*
- [ ] *Snack*
- [ ] *Quiet Reset*
- [ ] *Homework*
- [ ] *Free Play*

MY MEALTIME FLOW

- [ ] *Wash Hands*
- [ ] *Sit Down*
- [ ] *Eat*
- [ ] *Drink Water*
- [ ] *Clear Plate*
- [ ] *Wipe Up*

MY CALM-DOWN FLOW

- [ ] *Stop*
- [ ] *Breathe*
- [ ] *Name It*
- [ ] *Drink Water*
- [ ] *Rest*
- [ ] *Try Again*

MY CLEAN-UP FLOW

- [ ] *Stop*
- [ ] *Sort*
- [ ] *Put Away*
- [ ] *Wipe*
- [ ] *Check*
- [ ] *All Done*

MY GETTING-READY FLOW

- [ ] *Wake*
- [ ] *Potty*
- [ ] *Clothes*
- [ ] *Shoes*
- [ ] *Backpack*
- [ ] *Out the Door*

MY POTTY FLOW

- [ ] *Go*
- [ ] *Wipe*
- [ ] *Pull Up*
- [ ] *Flush*
- [ ] *Wash Hands*
- [ ] *Dry*