

MORNING ROUTINE

Write or draw up to six steps that fit your morning. Keep the same order each day.

Brain note: the same order each day frees the brain from deciding all over again.

BEDTIME ROUTINE

Write or draw the last six things before sleep. End with the calmest one.

Brain note: a winding-down order tells the body that sleep is coming.

AFTER SCHOOL

Write or draw what happens
between the door and homework.
Include one rest step.

Brain note: a landing step protects the energy
left for the evening.

OUT THE DOOR

Write or draw the steps from shoes to door. Put the easiest step first.

Brain note: an easy first step makes the rest of the list more likely to follow.

CLEAN-UP

Write or draw the order: stop, sort, put away, check. Add a finish signal at the end.

Brain note: an end signal tells the brain the job is really over.

HOMEWORK SETUP

Write or draw the setup: place, snack, materials, first task, break.

Brain note: setting up the space is part of the work, not a delay before it.

CALM-DOWN PLAN

Write or draw three things that help, in the order you want to try them.

Brain note: choosing the order ahead of time is easier than choosing in the moment.









