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Morning Routine



	Wake up and make my bed	
THE WHITE	Comb my hair	
	Use the bathroom and wash my face	
	Change my clothes	
	Eat breakfast	
27/100	Brush my teeth	
	Get my stuff ready	

Night Routine



	Eat dinner	
	Read and clean up	
	Take a bath	
	Change my clothes	
THE THE PARTY OF T	Brush my teeth	
	Use the bathroom	
* 43	Say good night	

Afternoon Routine



Play	
Do my homework	
Use the bathroom	
Change my clothes	
Have a Snack	
Take a break	
Water the plants / feed my pets	

Morning Routine



	Wake up and make my bed	
William Thinking	Comb my hair	
	Use the bathroom and wash my face	
	Change my clothes	
	Eat breakfast	
COLUMN TO THE REAL PROPERTY OF THE PARTY OF	Brush my teeth	
	Get my stuff ready	



Night Routine



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	Use the bathroom	
*	Say good night	

Afternoon Routine



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	Do my homework	
	Use the bathroom	
	Change my clothes	
	Have a Snack	
	Take a break	
***	Water the plants / feed my pets	



Schedule for Easy School Routines

This schedule is a tool designed to help kindergarten to fourth-grade students manage their daily routines at home, especially facilitating transitions from school to home and during bedtime routines.

- * Download and Print: The schedule is in a vertical format for easy display at home.
- * <u>Laminate and Markers:</u> Laminate for durability. Use whiteboard markers to mark completed activities and to indicate what's next.

Ways to Use:

- a) <u>Step-by-Step Tracking:</u> Explain how to follow the steps in order, marking off activities as they progress through their daily routines at home.
- b) <u>Flexibility:</u> The schedule can be used as a checklist, marking off activities according to their preference, not necessarily in order.
- c) <u>Positive Reinforcement:</u> Completing activities. You can assign points or a reward system at home.

After Knowing How They Will Use It:

- * <u>Introduction:</u> Show the schedule to your child, explaining that it is a visual guide to help them follow their daily routines at home.
- * Adaptation and Personalization: Encourage them to personalize the schedule according to their specific needs and routines at home.
- * Review and Adjustment: Review the schedule regularly with your child and make adjustments as needed to adapt to changes in daily routines at home.

Overall, this interactive schedule can be a valuable tool for helping young children establish positive and consistent routines at home.





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