

Morning Routine Chart

A 15-minute screen-free morning routine for preschoolers

Done	Step	Approx. Time
	1. Use the bathroom	2 min
	2. Get dressed (clothes picked the night before)	3 min
	3. Brush teeth	2 min
	4. Eat breakfast	5 min
	5. Pack backpack (if applicable)	2 min
	6. Put on shoes	1 min

Hang at your child's eye level and check off each step as it's completed.