

Family Morning Routine Checklist

Start every school day with calm and intention

Date: _____

Week of: _____

Day: _____

■ Parent Morning Routine

- Wake up & don't check phone for 10 minutes
- Drink a full glass of water
- Quick movement — stretch, walk or workout
- Shower & get dressed before kids wake up
- 5 minutes of quiet — journal, read or breathe
- Review the day ahead — appointments & priorities
- Prepare lunches / pack bags
- Personal goal check-in (one small thing today)

Notes / intention for today: _____

Kids Morning Routine

- Wake up & use the bathroom
- Get dressed (clothes laid out night before?)
- Wash face & brush teeth
- Eat breakfast — sit down, no screens
- Pack school bag (check the night-before list)
- PE kit / homework / permission slips ready?
- Shoes & coat on, ready at the door
- One kind word before leaving the house

Reminders / anything special today: _____

Morning win: What went well this morning?
