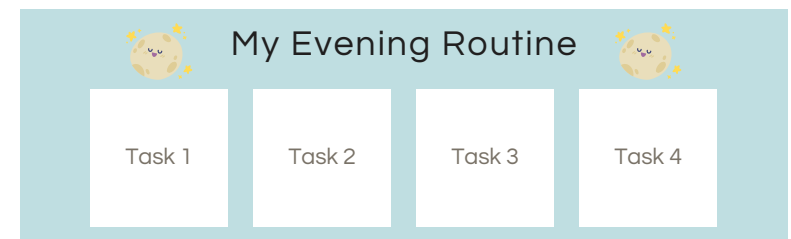
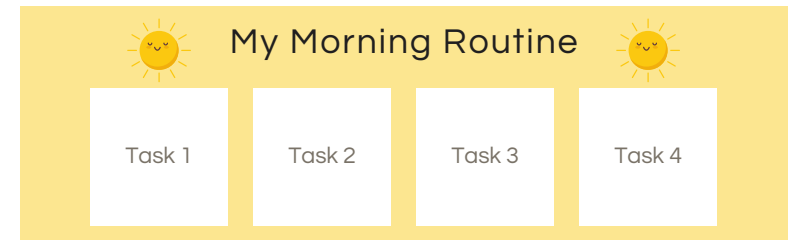




# Self Care and Creating Routines

Below is a set of task cards - activities your child may do as part of their morning or evening routine. Cut out the cards and discuss the activities that are relevant to your child. Choose four activities your child may do as part of their morning routine. Using some blue tac or stick on Velcro, create a morning, evening, or both daily routine chart. Every morning before school, or evening before bed, ask your child to prepare their charts ready for the day ahead.

Throughout the morning, or evening, as they complete a task, ask them to remove that task and pop it back into the card box ready for tomorrow. Once a child has completed all their daily tasks, make sure they know what a great job they have done taking care of themselves. Give lots of praise and positive reinforcement.



DO NOT PRINT - instructions





## My Morning Routine



Task 1

Task 2

Task 3

Task 4



## My Evening Routine



Task 1

Task 2

Task 3

Task 4

