Pre-school Morning Routine Checklist

Easy pre-school morning checklist for your little one:

1. Wake-Up & Get Ready

- ☐ Wake up with a smile
- ☐ Make the bed (or help with it)
- ☐ Brush teeth and wash face
- ☐ Comb hair / get dressed in a pre-set outfit

2. Healthy Start

- ☐ Eat a balanced breakfast
- ☐ Drink a full glass of water or milk
- ☐ Pack lunch and snack (with parents' help)

3. Prepare for Preschool Learning

- ☐ Check the backpack for supplies
- ☐ Pack comfort item (toy, photo, or note)
- ☐ Put on shoes and a jacket
- ☐ Say goodbye with a positive routine (hug, wave, high-five)

4. Ready to Learn!

- ☐ Talk about what you're excited to learn today
- ☐ Practice a short breathing exercise or song on the way
- ☐ Arrive at pre-school or pre-kindergarten feeling calm and confident

[Feel free to make changes if needed]