VISUAL MORNING ROUTINE TOOLKIT

A simple, flexible visual support for everyday mornings

WAKE UP	USE THE BATHROOM
Start the day	Bathroom time
BRUSH TEETH	**GET DRESSED**
Clean teeth	Choose clothes
EAT BREAKFAST	**GET READY**
Food and drink	Shoes, bag, or next step

Made for families to personalise. Every child is different—use the steps that fit your child and your home.

PRINT • CUT • PERSONALISE

Print at actual size on A4 paper. For repeated use, place pages in a clear sleeve or laminate them if practical.

1. MY MORNING ROUTINE

Child's name: _____ Date: _____

Put the steps in an order that works for your child. Tick or mark each step when it is finished.

1	**WAKE UP** I am starting my day.	■
2	**USE THE BATHROOM** Toilet or bathroom routine.	■
3	**WASH FACE / HANDS** Wash in a comfortable way.	■
4	**BRUSH TEETH** Brush teeth with support if needed.	■
5	**GET DRESSED** Choose comfortable clothes.	■
6	**EAT BREAKFAST** Have breakfast and a drink.	■
7	**PACK MY THINGS** Bag, communication aid, or needed items.	■
8	**SHOES / NEXT STEP** Shoes, transport, or the next activity.	■

My own step: _____

Something that helps me: _____

Remember: the routine can change. Add breaks, sensory supports, or extra time when needed.

2. CUT-OUT ACTIVITY CARDS

Cut around the boxes. Choose only the cards that fit your routine. Add your own photos or drawings if helpful.

WAKE UP **Start the day** ■ **Done**	**BATHROOM** **Toilet / bathroom** ■ **Done**	**WASH** **Face or hands** ■ **Done**
BRUSH TEETH **Toothbrush** ■ **Done**	**GET DRESSED** **Choose clothes** ■ **Done**	**BREAKFAST** **Food and drink** ■ **Done**
PACK BAG **Things I need** ■ **Done**	**SHOES** **Shoes or coat** ■ **Done**	**BREAK** **Pause or rest** ■ **Done**

Personalise: draw a picture, use a family photo, or write the child's own word for each activity.

3. FIRST–THEN BOARD

Use this board to show two steps clearly. “Then” means what comes next—not a promise of a reward.

FIRST	THEN
Draw, write, or place a picture here.	Draw, write, or place a picture here.
_____	_____

Example: FIRST: Put on shoes. THEN: Go outside.

Helpful reminder: Use familiar words and pictures. Let the child know if plans change.

Optional: cover this page with a clear sleeve and use removable notes or reusable cards.

4. PARENT & CAREGIVER GUIDE

A calm, flexible way to make morning steps easier to see

Before you begin

• Choose a few steps that matter most to your family. You do not need to use every card.
• Use words, pictures, objects, gestures, or your child's communication system in the way they understand best.
• Keep the chart where your child can see and reach it, if appropriate.

How to use the chart

1. **Show one step.** Point to the picture and say a short, familiar phrase.
2. **Allow processing time.** Pause and give your child time to respond.
3. **Offer support.** Model the step or provide the level of help your child needs, without rushing.
4. **Mark it finished.** Tick the box, turn over the card, or move it to a “finished” place.
5. **Notice what works.** Adapt the order, wording, and number of steps to your child's needs.

Make it individual

• Some children prefer photographs; others prefer simple drawings, objects, text, or symbols.
• Include a break, preferred comfort item, or extra time if useful.
• A child may need help with a step, want to do it independently, or choose a different order. Adjust as appropriate.
• If a step causes distress, pause and consider whether the task, environment, sensory demands, or timing needs to change.

Communication and dignity

The chart is a support, not a test. Avoid using it to force compliance or withhold essential needs. Respect “no,” signs of distress, and the child's communication. Keep routines responsive to the child.

Important note

This printable is an educational resource, not an assessment or an individualised treatment plan. It may not suit every child. Families should adapt it to the child's communication, sensory, developmental, and daily living needs.

Autism Routine Hub • Original general-purpose printable • Personalise before use