

Morning Routine Flow

Sequenced checklist to reduce friction before school or work.

Night-before set-up

- Lay out clothes, shoes and any sensory supports (jewelry, headphones).
- Pack bag with planner, homework, medication and water bottle.
- Charge devices in a central spot, not bedrooms.

Morning timeline

Wake-up (time): _____ Cue: _____

Bathroom + meds (time): _____ Visual support needed? _____

Breakfast (time): _____ Preferred foods: _____

Get dressed (time): _____ Prompt type (verbal/visual/timer): _____

Out the door (time): _____ Transition reward: _____

Boosters & backups

- Playlist or short video to anchor pacing (3 songs = finished breakfast).
- Visual timer for each step, with a buffer warning 5 minutes before leaving.
- Emergency kit by the door: spare pens, fidget, snack, travel card.
- If running late: prioritise "must haves", communicate with school, reset later.

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.