

# Morning Routine Visual Guide for Children

This guide gently explores what happens in a morning routine — from waking and washing to eating and getting ready — with soft visuals, clear language, and sensory-safe steps.

With **gentle icons**, **pastel colours**, and **emotionally aware descriptions**, each panel helps children understand **how mornings flow** and what **their body might need** as the day begins.

If mornings sometimes feel **bright, busy**, or **full of mixed feelings**, this guide is here to make things steadier — **one calm moment at a time**.

## Questions You Might Have

### What's inside a morning routine?

A morning routine has different parts — waking up, freshening up, eating, and getting ready. Each step has its own pace, and visual supports can help everything feel steady and clear.

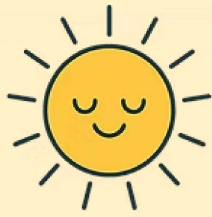
### Why do we wash or brush in the morning?

Washing your face, brushing your teeth, or using the toilet helps you feel clean and awake. You can go at your own pace and follow the steps that feel right for you.

### What happens when it's time to head out?

The morning leads into your day. You might feel excited, calm, or a mix of feelings. Any feeling is okay, and you can move forward gently.

## What's Inside a Morning Routine



A sensory-safe guide to  
waking up, getting ready,  
& starting your day gently.

## Beginning Your Morning Gently



Gentle routines help  
your body wake up and  
get ready for the day.

## Washing & Freshening Up



Washing or brushing helps  
you feel clean and ready.  
You can take your time.

## Breakfast Time



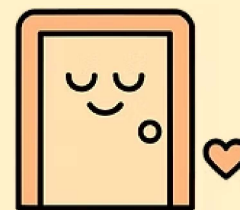
Breakfast gives your body  
energy. Choose the foods  
that feel good to you.

## Getting Ready to Go



Getting ready helps you feel  
prepared. Lists can help,  
and support is always there.

## Heading Out



The morning leads into your  
day. Any feelings are okay,  
and you can go gently.