

My Daily Routine!

Morning

- 1 Make my bed
- 2 Eat my breakfast
- 3 Take my ADHD medicine
- 4 Wash my face
- 5 Brush my teeth
- 6 Get dressed
- 7 Comb my hair
- 8 Give hug to
- 9 Get my backpack
- 10 Go to school!

After School

- 1 Hang up my jacket
- 2 Clean out my lunchbox and put it in the kitchen
- 3 Wash my hands
- 4 Eat my snack
- 5 Get ready for my afterschool activity:
- 6 Finish all my homework and put it in my backpack
- 7 Get my backpack ready for tomorrow
- 8 Eat my dinner—even the veggies!

Evening

- 1 Pick out my clothes for tomorrow
- 2 Eat my snack
- 3 Brush my teeth
- 4 Take a warm shower or bath
- 5 Put on my PJs
- 6 Read a book
- 7 Go to sleep!

No phone, tv or computers 1 hour before bed!