My Day

Look, do, tick!

Name _____

1.  Wake up and get dressed ☐
2.  Breakfast ☐
3.  Brush teeth ☐
4.  Play outside ☐
5.  Lunch ☐
6.  Quiet time ☐
7.  Bath and dinner ☐
8.  Story and bed ☐

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My Day

Add a picture for each step. Look, do, tick!

Name _____

1 draw or glue a picture

2 draw or glue a picture

3 draw or glue a picture

4 draw or glue a picture

5 draw or glue a picture

6 draw or glue a picture

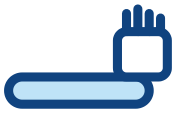
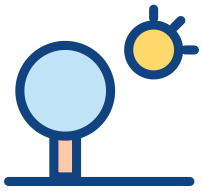
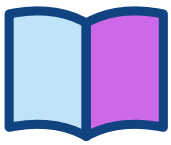
7 draw or glue a picture

8 draw or glue a picture

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Picture Cards

Grown-ups: cut along the grey lines and glue the pictures onto the blank chart, or attach them with Velcro dots so you can change the day.

 Get dressed	 Breakfast	 Brush teeth
 Shoes on	 Pack bag	 Kinder or school
 Play outside	 Play inside	 Lunch
 Quiet time	 Bath	 Dinner
 Bed		

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For Grown-Ups: Using the Chart

A routine chart works best when it's simple, visible and your child's own.

Setting up

1. Choose five to eight big steps for your day. Combine smaller ones.
2. Use the example chart as it is, or fill in the blank chart with the picture cards or your own drawings. Photos of your child doing each step work well too.
3. Put it at your child's eye level, where they'll pass it often.
4. Laminate it and use a whiteboard marker, or print a fresh one each week.

Using it every day

1. Go through it together each morning for the first week or two.
2. Let your child tick, add a sticker or move a peg down the chart themselves.
3. Point to the chart a few minutes before a change: "Lunch is next."
4. If the day will be different, change the chart together beforehand.

For busy or sensitive children

- Start with three or four steps, then add more.
- For tricky moments, use a small "first, then" card alongside the chart.
- Add a movement break between steps if waiting is hard.
- Expect some days to be harder than others. That's normal.

Remember

A chart doesn't fix a rough day. It makes the good days smoother and gives you something calm to point back to on the tricky ones. Use it to help, never as a test.

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