

My Daily Routine

A picture schedule that shows your child what comes next · Guide for parents & caregivers

Developed by @momsnet.com.br · Free resource, not for sale



Why a visual routine?

Young children don't yet have a sense of time, and long spoken instructions are easy to forget. A picture schedule turns the day into small, predictable steps a child can see. Knowing what comes next lowers anxiety, cuts down on reminders and power struggles, and lets children do things on their own — which builds confidence.

Picture schedules are especially helpful for pre-readers (ages 3–7), children who find transitions hard, children with autism, ADHD or speech and language delays, and families who speak more than one language — a picture means the same thing in every language.

What's inside

4 routine boards: Morning, After School, Evening and an **All Done!** board where finished cards go.

60 picture cards, color-coded by type, each with a short word label to support early reading:

	Morning & Getting Ready	12 cards
	Meals & Snacks	5 cards
	Learning & School	7 cards
	Play & Creativity	10 cards
	Chores & Helping	15 cards
	Evening & Bedtime	8 cards
	Make Your Own	3 cards

Getting set up

1. **Print** on thick paper or card stock, at 100% / "Actual size" so cards fit the board squares.
2. **Laminate** the boards and cards (or cover with clear tape) so they survive little hands.
3. **Cut out** the cards along the black borders.
4. **Add Velcro dots:** the rough side in each board square, the soft side on the back of each card.
5. **Hang it** at your child's eye level, where the routine happens — bedroom door, bathroom or fridge. Keep spare cards in an envelope taped to the back.

Using it every day

1. **Choose 3–5 cards** per board. More than five can overwhelm young children.
2. **Build it together.** Let your child help pick the order — ownership brings cooperation.
3. **Point and say** each step for the first week: "First we get dressed, then breakfast."
4. **Move each finished card** to the All Done! board. That moment of "I did it!" is the reward.
5. **Celebrate** a finished board with a high five, a hug or a sticker. Praise effort, not perfection.

If it isn't working

- **Refusing?** Use fewer cards and offer a choice: "Bath or pajamas first?"
- **Rushing?** Check each step together for a while: "Show me your made bed!"
- **Bored?** Let your child draw new cards on the blanks, or refresh the board every few weeks.

Sample routines

Ages 3–5

Morning: Wake up → Use the toilet → Get dressed → Eat breakfast → Brush teeth
Evening: Take a bath → Put on pajamas → Brush teeth → Story time → Go to sleep

Ages 6–8

Morning: add Make the bed, Put on shoes, Pack school bag
After school: Have a snack → Do homework → Play outside → Tidy up toys → Set the table
Evening: add Clothes for tomorrow

Ages 9+

Add real responsibilities — Feed the pet, Wash the dishes, Fold clothes, Take out trash — and let your child plan the board.

Helpful tips

- Keep the order the same each day. Predictability is what makes it work.
- Use **"First... then..."**: put a fun card (Tablet time, Play outside) right after a harder one.
- Pair screen-time cards with a kitchen timer so the end is clear too.
- Make sure every caregiver uses the same board and words.
- Never take cards away as a punishment — the board should feel like a helper.



My Morning Routine



Task 1

Task 2

Task 3

Task 4

Task 5



My Evening Routine



Task 1

Task 2

Task 3

Task 4

Task 5



My After-School Routine



Task 1

Task 2

Task 3

Task 4

Task 5

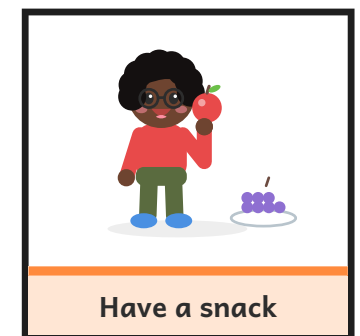
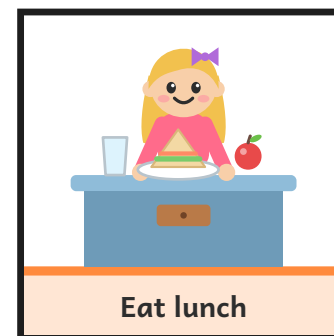
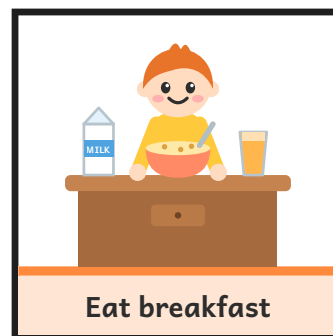
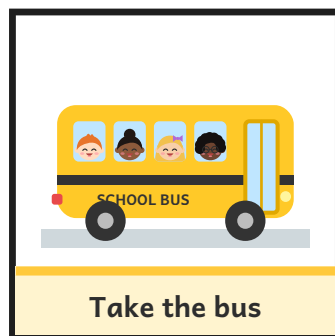
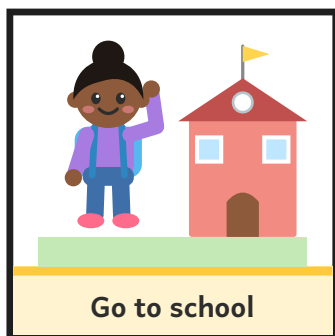
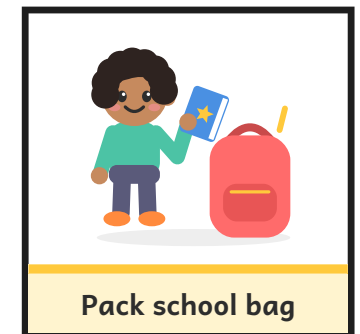
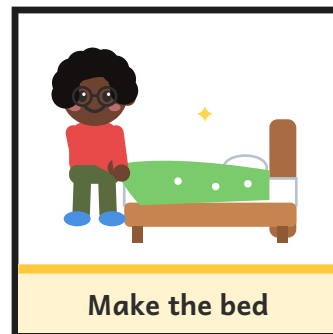
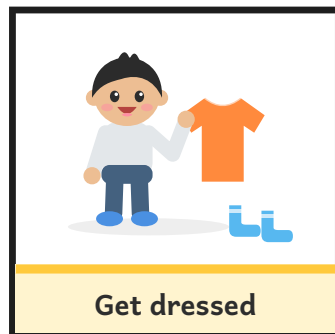
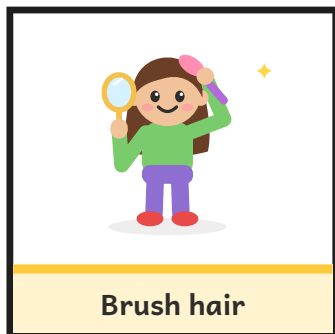
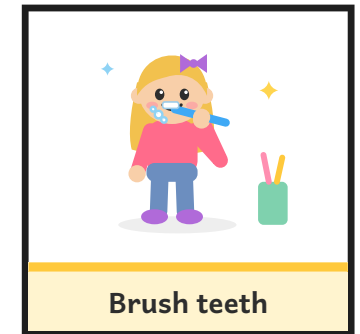
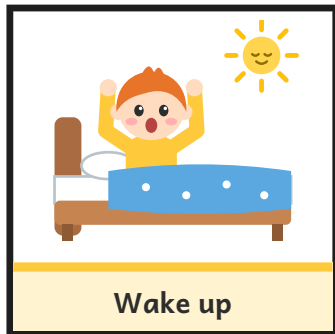


All Done!



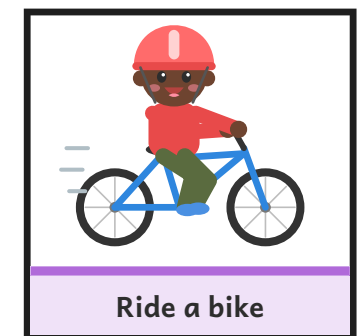
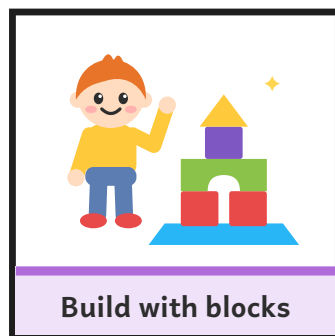
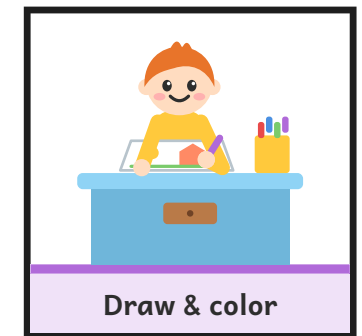
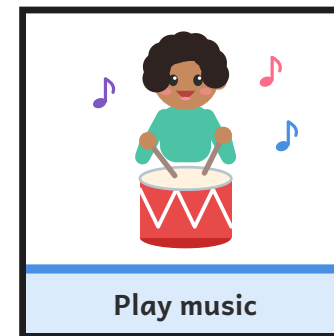
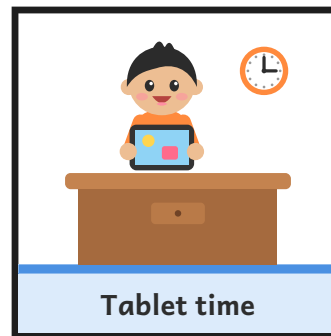
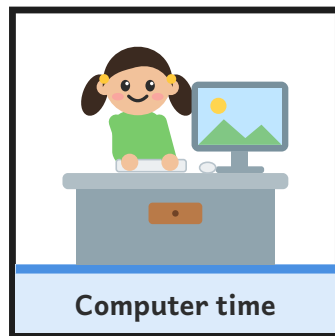
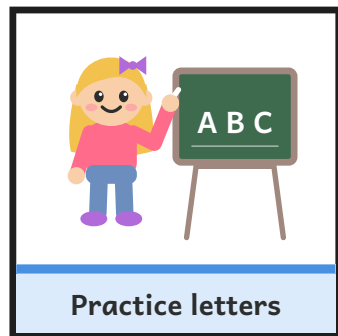
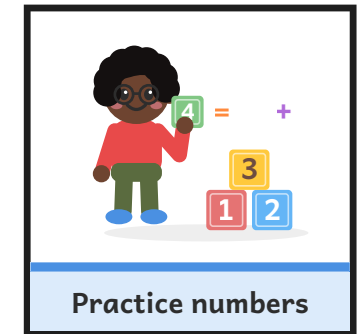
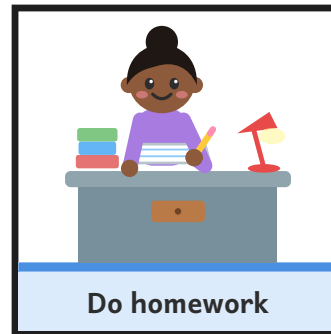
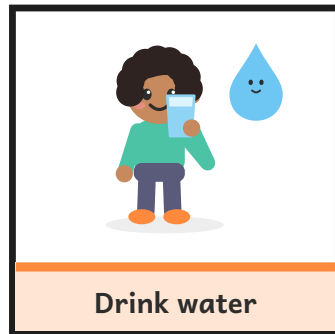
✂ Cut along the black lines

● Morning & Getting Ready ● Meals & Snacks



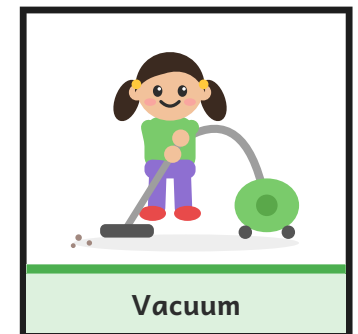
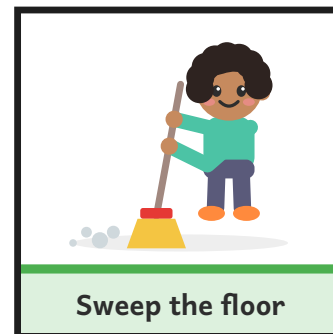
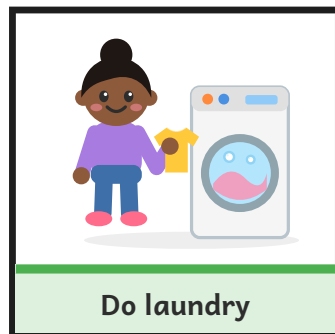
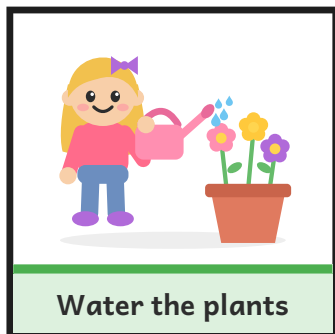
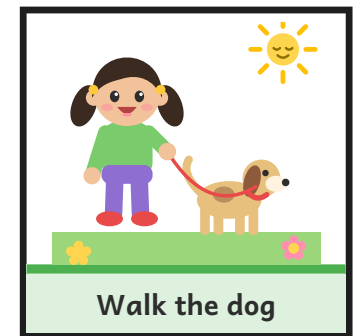
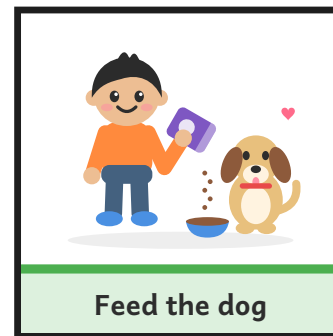
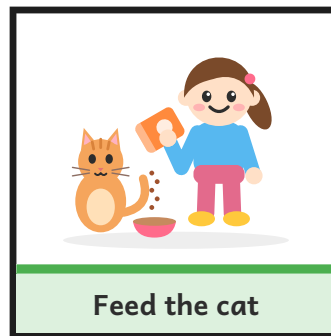
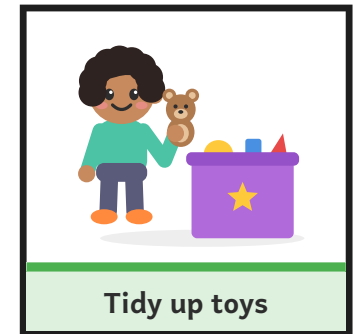
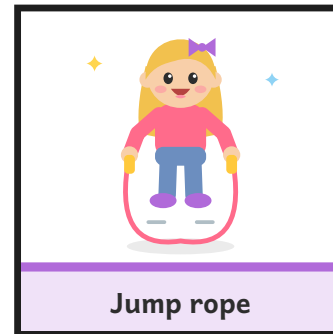
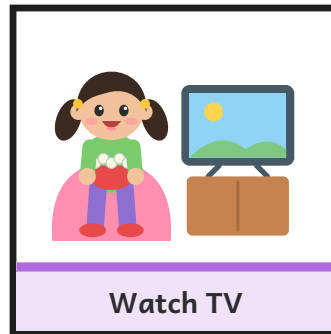
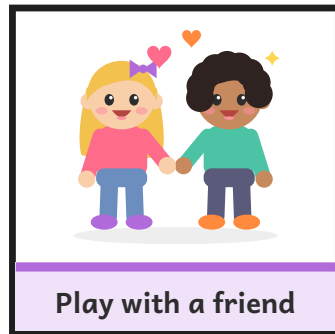
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● Meals & Snacks ● Learning & School ● Play & Creativity



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● Play & Creativity ● Chores & Helping



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● Chores & Helping ● Evening & Bedtime ● Make Your Own

