Daily Morning Routine



How are you feeling about today?



What are you looking forward to?



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Who can you ask for help if you need it?

Use this routine each morning to begin the school day. Fill in the blanks for each component of your routine and put a check in the box when complete.

Remember to consider the following:

How can you take care of all your body's
senses and needs?When should your camera and microphone
be on or off?Have you read over the day's agenda and
know what to expect?Do you know when the next stretch break
or playtime will be?Image: Image: I

This resource is for informational purposes only. Individuals should consult with a professional before using it.