




GOOD MORNING!




WAKE UP




BRUSH TEETH



WASH HANDS
AND FACE



EAT
BREAKFAST



GET DRESSED



COMB HAIR



PACK BAG



PUT SHOES OR
BOOTS ON



PREPARE FOR
OUTSIDE



Norwood

Child and Family Resource Centre
780-471-3737 norwoodcentre.com

Lean on routines
for a calm, healthy home.