

Lesson 2 Worksheet: Routine, Structure & Morning Readiness

1. Understanding Routine

****Reflection for Parents:****

Why do predictable routines help your child feel calmer and more secure?

(Write here)

2. Your Daily Rhythm

Think about the main moments of the day:

- Waking up
- Getting dressed
- Breakfast
- Play time
- Quiet time
- Bedtime

****Which parts of your routine feel steady? Which need more consistency?****

3. Preparing for Calm Mornings

What can you prepare the night before to reduce morning stress?

(e.g. clothes, bag, shoes, lunchbox)

4. Encouraging Independence

Try giving your child small responsibilities:

- Putting on their shoes
- Carrying their own bag
- Choosing an outfit

Which independence skill will you encourage this week?

5. Creating a Predictable Pattern

What one new habit can you add to make your mornings calmer?

6. Parent Notes

Anything you want to remember from this lesson?
