



Morning routine example

7am - Get out of bed and go
to the toilet

7.05am - Have a wash

7.15am - Brush your hair
and get dressed

7.25am - Have breakfast

7.50am - Brush your teeth

7.55am - Pack your bag

8.15am - Put your shoes on.

Then chill out time if there
is time

8.30am - Walk to school