

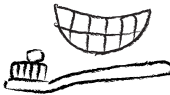
LITTLE **children**
BIG challenges: incarceration

Routines help us know what to expect. Rosita has a fun routine to get ready each morning! First, she always gets dressed for school; then, she eats breakfast; and last, she brushes her teeth. Rosita drew pictures of her morning routine and hung them up next to her bed to remember what to do when she wakes up.

What fun things do you do in the morning to get ready? What comes first, next, and last? Draw pictures of your own morning activities in the chart, and hang it up next to your bed, just like Rosita!



Rosita's Morning Routine!

	get dressed
	eat breakfast
	brush teeth

My Morning Routine!

How to make it:

- Help your child think about three activities he does in his morning routine.
- Encourage your child to draw pictures of those activities in the left column of the chart.
- Label the activity (i.e. "Brush teeth") in the right column.
- Help your child to cut out his chart with safety scissors, and use a piece of tape to hang it up next to his bed, so he knows what to expect and what to do first when he wakes up!