LITTLE STEPS MAGAZINE PRINTABLE SERIES

My Daily Visual Routine Kit

Predictable Days, Peaceful Evenings & Tear-Free Transitions

Why Visual Schedules Work: Toddler and preschool brains process visual images 60,000 times faster than verbal instructions. When children can *see* what comes next, feelings of powerlessness and bedtime resistance drop dramatically. You switch from nagging to cheering!

1

Print & Hang

Print Pages 2 & 3 on heavy cardstock or slip into a clear sheet protector. Hang at child eye level.

2

Empower Choices

Let your child use dry-erase markers or stickers to check off each accomplished step independently.

3

Praise the Process

Ask empowering questions: *"Let's look at our chart! What is our next adventure?"*

💡 **Pediatrician & OT Quick Tips:**

- **Keep it consistent:** Maintain the same sequence for at least 14 days to build synaptic habit loops.
- **Never use routine charts as punishment:** Never remove earned stickers or stars for unrelated misbehaviors.
- **Use Page 4 for custom rhythms:** Cut out the 16 visual tokens and stick Velcro dots behind them for a movable daily schedule board!

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☀️ My Morning Routine

Start each day energized, confident, and ready for adventure!

Champion: _____

MORNING STEP	M	T	W	T	F	S	S
🌅 **1. Wake Up & Big Stretch** Smile and welcome the new sunny day	○	○	○	○	○	○	○
🛏️ **2. Make My Bed** Pull blanket up and place pillow neatly	○	○	○	○	○	○	○
🥣 **3. Healthy Breakfast & Water** Fuel brain and tummy with good energy	○	○	○	○	○	○	○
🪥 **4. Brush Teeth (2 Minutes!)** Scrub top, bottom, and tongue sparkly clean	○	○	○	○	○	○	○
👕 **5. Get Dressed** Pajamas into hamper, fresh clothes on	○	○	○	○	○	○	○
🎒 **6. Pack Bag & Water Bottle** Check homework, snack, and jacket	○	○	○	○	○	○	○
👟 **7. Put on Shoes & Coat** Fasten velcro or tie laces	○	○	○	○	○	○	○
✨ **8. High Five & Big Smile!** Ready to learn, play, and shine today!	○	○	○	○	○	○	○

🌟 **Weekly Morning Star Count:**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
⭐	⭐	⭐	⭐	⭐	⭐	⭐

🌙 My Bedtime Routine

Wind down peacefully for sweet dreams and deep restorative sleep.

Dreamer: _____

EVENING STEP	M	T	W	T	F	S	S
🧸 **1. Tidy Toys & Books** Put away playtime treasures into baskets	○	○	○	○	○	○	○
🛁 **2. Warm Bath / Wash Up** Splash bubbles and wash face and hands	○	○	○	○	○	○	○
🦺 **3. Cozy Pajamas On** Slip into soft, warm bedtime clothes	○	○	○	○	○	○	○
🪥 **4. Brush Teeth & Potty** Protect teeth from sugar bugs overnight	○	○	○	○	○	○	○
📖 **5. Storytime with Family** Snuggle up for 2 favorite picture books	○	○	○	○	○	○	○
💭 **6. Three Happy Things** Share what made your heart smile today	○	○	○	○	○	○	○
🤗 **7. Hugs, Kisses & Cuddle** Warm snuggles and soft lullaby whispers	○	○	○	○	○	○	○
😴 **8. Lights Down & Sweet Dreams** Night light on, eyes closed, sound asleep	○	○	○	○	○	○	○

✨ **Weekly Peaceful Sleep Tracker:**

🌟 Mon 🌟 Tue 🌟 Wed 🌟 Thu 🌟 Fri 🌟 Sat 🌟 Sun

✂️ 16 Cut-Out Routine Flashcards

Cut along the dashed lines. Attach magnets or velcro to create an interactive fridge schedule!



Wake Up
Morning stretch



Make Bed
Neat pillows



Breakfast
Healthy food



Brush Teeth
2 min scrub



Get Dressed
Clean clothes



Pack Bag
Snack & water



Shoes On
Tied tight



School & Play
Time to shine



Tidy Toys
In the bin



Bath Time
Warm bubbles



Pajamas
Cozy fit



Storytime
Reading fun



3 Good Things
Heart smiles



Hugs & Kisses
Bedtime love



Night Light
Soft glow



Sweet Dreams
Sleep tight