mooki WELLBEING

10-minute activity

School Ready

My morning checklist

Name _____ Date _____

My step	M	T	W	T	F
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐

FOR THE GROWN-UP

Write or draw each step together, e.g. get dressed, brush teeth, pack bag.
The child ticks each step on their own every morning, until they know it.

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