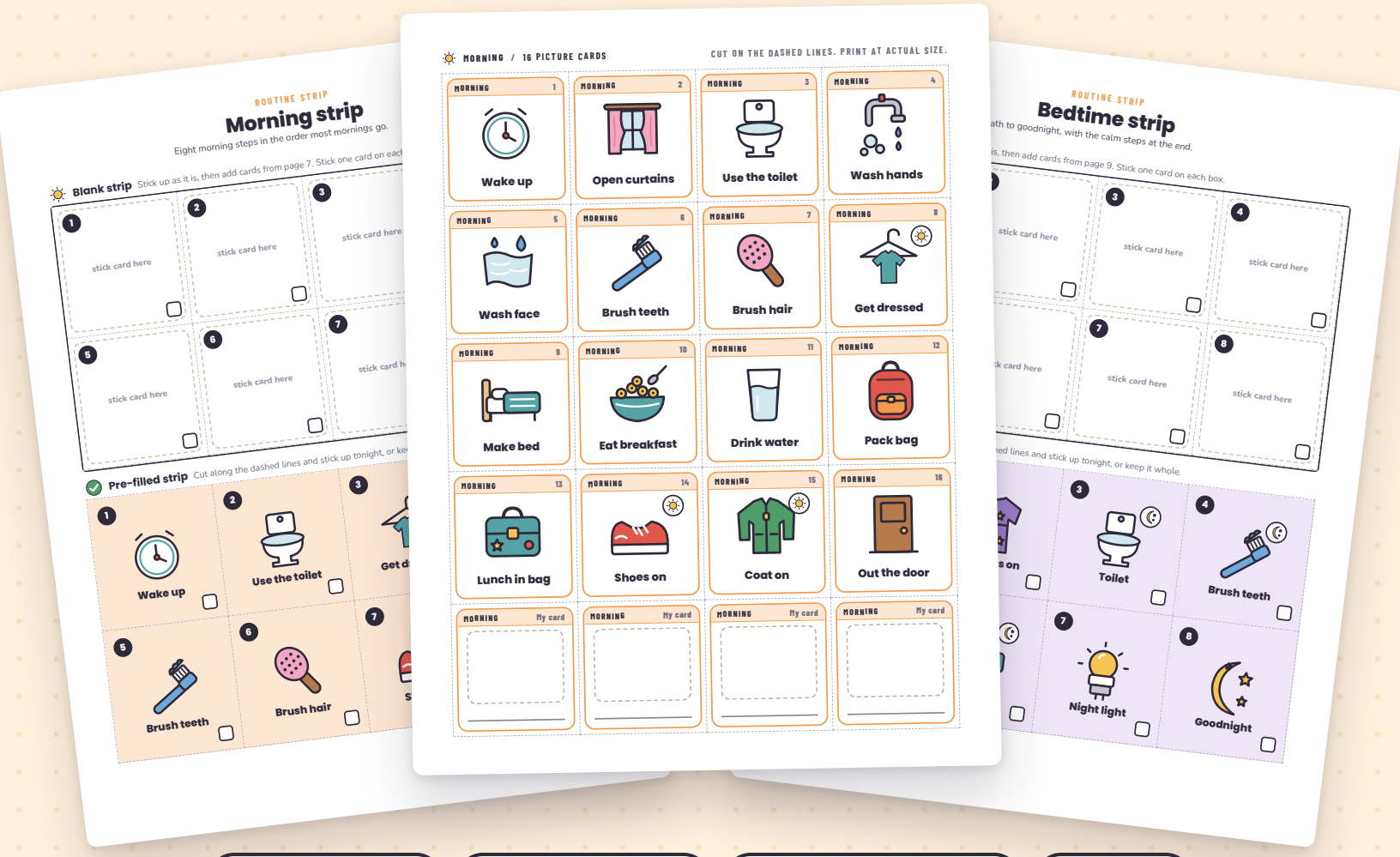
AGES 3 TO 8

FREE, US LETTER

Visual Routine Chart

Free Printable

put the steps on the fridge



3 routine strips | 48 picture cards | blank and pre-filled | 10 pages

Print, cut and stick up. Point instead of repeating.

Puddles &Play

PUDDLESANDPLAY.COM

START HERE

Set it up in one evening

Three picture strips (morning, after school, bedtime) your child can follow alone. Print, cut, stick, and point instead of repeating.

1 Print at Actual size

In the print window choose **Actual size** or 100 percent, never Fit to page. The cards then come out about 1.9 inches (4.8 cm) square and fit the strip slots. This file is US Letter. Use the Low ink option in your printer settings, or print the strips in black and white.

2 Pick one strip first

Choose the part of the day that goes worst. The pre-filled strip works as it is. The blank strip is for cards you choose yourself, so you can match your own order.

3 Cut on the dashed lines

Scissors or a paper trimmer both work. A child aged 5 to 8 can cut the cards with safety scissors, and cutting them helps them care about the chart. Keep small cut-out pieces away from children under 3.

4 Stick it at eye height

Use Velcro dots, sticky tack or magnet tape, or just tape the whole strip to the fridge, a door or the wall by the bed. Cardstock or a laminating pouch helps the cards last.

★ Start with 3 steps, not 8

For the first week use only the 3-step starter rows on page 6. When your child does the 3 steps without a reminder, add one more card. A short strip that works beats a long one that does not.

➡ Which page first?

Mornings turn into reminders	Morning strip, page 3
After school is a free-for-all	After-school strip, page 4
Bedtime takes forever	Bedtime strip, page 5
Your child cannot read yet	Picture cards from page 7: every card is a drawing with a word under it
Not sure where to begin	Start with 3 steps, page 6

For your own home or classroom. Please don't share or resell.

ROUTINE STRIP

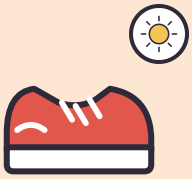
Morning strip

Eight morning steps in the order most mornings go.

Blank strip Stick up as it is, then add cards from page 7. Stick one card on each box.

1 stick card here ☐	2 stick card here ☐	3 stick card here ☐	4 stick card here ☐
5 stick card here ☐	6 stick card here ☐	7 stick card here ☐	8 stick card here ☐

Pre-filled strip Cut along the dashed lines and stick up tonight, or keep it whole.

1  **Wake up** ☐	2  **Use the toilet** ☐	3  **Get dressed** ☐	4  **Eat breakfast** ☐
5  **Brush teeth** ☐	6  **Brush hair** ☐	7  **Shoes on** ☐	8  **Pack bag** ☐

FOR YOUR OWN HOME OR CLASSROOM. PLEASE DON'T SHARE OR RESELL.

ROUTINE STRIP

After-school strip

From the front door to dinner, with room for homework and play.

Blank strip

Stick up as it is, then add cards from page 8. Stick one card on each box.

1 stick card here ☐	2 stick card here ☐	3 stick card here ☐	4 stick card here ☐
5 stick card here ☐	6 stick card here ☐	7 stick card here ☐	8 stick card here ☐

Pre-filled strip

Cut along the dashed lines and stick up tonight, or keep it whole.

1  Hang up bag ☐	2  Shoes away ☐	3  Wash hands ☐	4  Snack time ☐
5  Show folder ☐	6  Homework ☐	7  Play outside ☐	8  Tidy toys ☐

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ROUTINE STRIP

Bedtime strip

Bath to goodnight, with the calm steps at the end.

Blank strip Stick up as it is, then add cards from page 9. Stick one card on each box.

1 stick card here ☐	2 stick card here ☐	3 stick card here ☐	4 stick card here ☐
5 stick card here ☐	6 stick card here ☐	7 stick card here ☐	8 stick card here ☐

Pre-filled strip Cut along the dashed lines and stick up tonight, or keep it whole.

1  Bath ☐	2  Pajamas on ☐	3  Toilet ☐	4  Brush teeth ☐
5  Story time ☐	6  Into bed ☐	7  Night light ☐	8  Goodnight ☐

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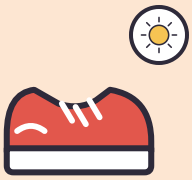
START SMALL

Start with 3 steps

Pick one row, cut it out and use it for a week. The fourth slot is waiting for the next card.

Morning, 3 steps

Cut out the row and stick it up.

1	2	3	+
 Get dressed ☐	 Brush teeth ☐	 Shoes on ☐	add one when ready ☐

After school, 3 steps

Cut out the row and stick it up.

1	2	3	+
 Hang up bag ☐	 Shoes away ☐	 Snack time ☐	add one when ready ☐

Bedtime, 3 steps

Cut out the row and stick it up.

1	2	3	+
 Pajamas on ☐	 Brush teeth ☐	 Story time ☐	add one when ready ☐

The rule for week one. One routine, three steps, the same order every day. Point at the strip instead of repeating the step.

FOR YOUR OWN HOME OR CLASSROOM. PLEASE DON'T SHARE OR RESELL.

MORNING 1



Wake up

MORNING 2



Open curtains

MORNING 3



Use the toilet

MORNING 4



Wash hands

MORNING 5



Wash face

MORNING 6



Brush teeth

MORNING 7



Brush hair

MORNING 8



Get dressed

MORNING 9



Make bed

MORNING 10



Eat breakfast

MORNING 11



Drink water

MORNING 12



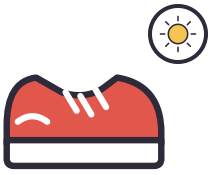
Pack bag

MORNING 13



Lunch in bag

MORNING 14



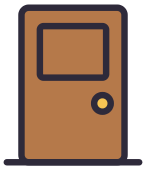
Shoes on

MORNING 15



Coat on

MORNING 16



Out the door

MORNING My card

MORNING My card

MORNING My card

MORNING My card

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AFTER SCHOOL 17



Hang up bag

AFTER SCHOOL 18



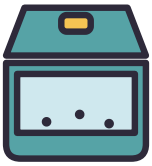
Hang up coat

AFTER SCHOOL 19



Shoes away

AFTER SCHOOL 20



Lunchbox out

AFTER SCHOOL 21



Snack time

AFTER SCHOOL 22



Wash hands

AFTER SCHOOL 23



Fill bottle

AFTER SCHOOL 24



Show folder

AFTER SCHOOL 25



Homework

AFTER SCHOOL 26



Quiet time

AFTER SCHOOL 27



Play outside

AFTER SCHOOL 28



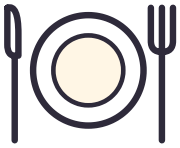
Free play

AFTER SCHOOL 29



Tidy toys

AFTER SCHOOL 30



Set the table

AFTER SCHOOL 31



Dinner

AFTER SCHOOL 32



Read a book

AFTER SCHOOL

AFTER SCHOOL

AFTER SCHOOL

AFTER SCHOOL

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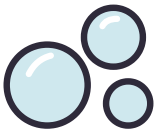
BEDTIME 33



Bath

BEDTIME 34



Wash hair

BEDTIME 35



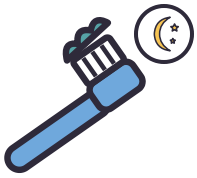
Dry off

BEDTIME 36



Pajamas on

BEDTIME 37



Brush teeth

BEDTIME 38



Toilet

BEDTIME 39



Clothes in basket

BEDTIME 40



Pick tomorrow

BEDTIME 41



Story time

BEDTIME 42



Cuddle teddy

BEDTIME 43



Into bed

BEDTIME 44



Night light

BEDTIME 45



Lights off

BEDTIME 46



Sleep

BEDTIME 47



Goodnight

BEDTIME 48



Hug goodnight

BEDTIME My card

BEDTIME My card

BEDTIME My card

BEDTIME My card

FOR YOUR OWN HOME OR CLASSROOM. PLEASE DON'T SHARE OR RESELL.

THANK YOU

Want the whole set?

The Visual Routine and Chore Chart Kit ($7) adds what this free version leaves out: 80 picture cards in five groups, getting-dressed and chores cards, big cards for little ones, a getting-dressed strip, First then boards, a Done pocket, three chore charts by age, trackers, a reward menu, and A4 and low-ink files.

Visual Routine and Chore Chart Kit

37 pages, ages 3 to 8, US Letter, A4 and low-ink PDFs. $7.

PUDDLESANDPLAY.COM/SHOP

Free printable chore chart

A simple picture chore chart for ages 3 to 8, free on the blog.

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Here's to calmer mornings.

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