

## MORNING ROUTINE

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In this video Kelly leads us in a fun dance about getting ready for our day: waking up with a big stretch, brushing our teeth, putting on our clothes, and getting what we need for the day ahead.

**Special Note to Parents and Caregivers:** Many young people with I/DD, ADHD, ASD and other conditions struggle with executive function [EF]. EF refers to a set of cognitive processes that our brains use to regulate emotions, plan out tasks, suppress impulsive behavior and adapt smoothly to changes. This video uses a movement sequence to help us plan our morning routine.

## PREPARATION

### Morning Routine - **Student Handout**

Discuss your morning routine. How do you prepare for school?

1. How do you wake up? Are you full of energy or ready to go back to sleep?
2. What steps do you take to brush your teeth? To eat breakfast?
3. What do you wear to school?
4. What do you take to school?

**Key Vocabulary.** Talk through these terms with your student or child. Give examples from your own morning routine, if appropriate.

- Routine
- Preparation
- Hygiene
- Personal Belongings
- Attire/Clothes

## FOLLOW UP

### Did Kelly miss anything from your morning routine?

1. What was missing? Putting on shoes, picking up backpack, grabbing keys, maybe? Can you make a movement for the missing part?
2. How do you get to school? (car/bus/bike/walk) What is a movement for how you get to school?

### Notice + Name It!

1. What else do you prepare for in your day? (Examples might include eating meals, meeting with friends, or bedtime.)
2. How does it feel to be unprepared for an event? Name the emotion(s) you feel, and try to point to where in your body that emotion lives.
3. How do you shake it off when you feel flustered or upset because you were unprepared??