

# Blank Routine Template

Use this page to create a routine that works best for your child.

You can use it for mornings, after school, or bedtime.

## 1. Activity



Sentence to read aloud:

### Breathing

- ☐ Slow breath in
- ☐ Slow breath out
- ☐ Count to \_\_\_\_

### Reading Time



Time: ☐ 5 minutes ☐ 10 minutes

☐ 15 minutes

Book Title / Story Name:

### Who is reading?

☐ Child ☐ Parent ☐ Together

# **Bloo Gecko's Routine Reflection**

**(Literacy + Calm Comprehension)**

## **Read Together**

**Read Bloo Gecko's story again or remember what happened.**

**Bloo Gecko slows down as the day ends.**

**He takes a deep breath and feels calm and safe.**

**The night is quiet, and the stars shine softly.**

**Bloo Gecko smiles and whispers, "Goodnight."**




## **Let's Think About Bloo Gecko's Routine**

### **1. What part of the day is Bloo in?**

- ☐ **Morning**
- ☐ **Afternoon**
- ☐ **Evening**
- ☐ **Bedtime**

### **Breathe Like Bloo Gecko**

- ☐ **Breathe in slowly (count to 3)**
- ☐ **Breathe out slowly (count to 4)**
-  **How does your body feel now?**