

Morning Routine Chart

A gentle guide to help your child start the day calmly and confidently.



I Wake up and make my bed.



I get dressed for the day.



I brush my teeth and wash my face.



I eat breakfast to give me energy.



I try my Gecko balance pose.



I take slow, calm breaths.

5-Minute Reading Ride

A short story moment for the bus or car ride to school.

Bloo Gecko wakes up early.

He stretches his arms and takes a slow breath.

The sun is warm, and the day feels new.

Bloo Gecko smiles and says, “I am ready.”

