Thumbs up or thumbs down?

Is it a good idea? Circle thumbs up or thumbs down.



I brush my teeth in the morning.


Yes


No

?

I stay in my pajamas all day.


Yes


No



I take a deep breath when I feel rushed.


Yes


No

?

I leave my bag at home.


Yes


No

Put the story in order

Cut out the pictures. Glue them in order.

1	2	3	4
First	Next	Then	Last

✂ Cut on the dashed lines.



I get dressed



I pack my bag



I wake up



I brush my teeth

Tell the story

Point to each picture. Say what happens.

First I … Next I … Then I … Last I …



My page

Draw you getting ready in the morning.

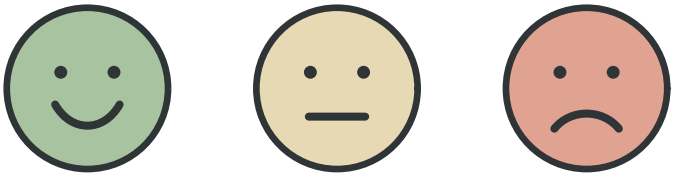
Draw me here

Trace the words.

I can do my morning routine.

I can do my morning routine.

How do I feel?



For grown-ups

Answers

Thumbs check:

Thumbs up - I brush my teeth in the morning.
Thumbs down - I stay in my pajamas all day.
Thumbs up - I take a deep breath when I feel rushed.
Thumbs down - I leave my bag at home.

Story order:

1. I wake up 2. I brush my teeth 3. I get dressed 4. I pack my bag

How to use this story

- Use the same order every morning. Point to the next picture before each step.
- Pair the story with the Morning Routine pack (visual schedule and checklist).
- Read the story before the real moment, when your child is calm.
- Let your child point, nod or use the thumbs cards to answer.
- Change any words to fit your home and your child.