

NeuroLearn Home

Routine Chart (printable) • Calm, predictable starts

Routine Chart: Morning Start

Keep the order the same each day. If you need a simpler version, remove a step instead of changing everything.

Morning steps

Tick	Step	Optional note
<input type="checkbox"/>	Drink water and take medication if it is part of your normal plan	
<input type="checkbox"/>	Breakfast or morning snack	
<input type="checkbox"/>	Wash, dress, or choose one quick self-care step	
<input type="checkbox"/>	Look at today's visual schedule	
<input type="checkbox"/>	Calm start activity for 2 to 5 minutes	
<input type="checkbox"/>	Begin the first learning block	

If the morning feels hard

- Use the tough-day version: routine, one small task, then rest.
- Try First/Then: “First 5 minutes, then a break.”
- Lower the demand before adding extra help.