

Daily Schedule for Younger Kids

Tips:

- Routines help children know what to expect.
- Use the routine graphics at the bottom or create your own. You can even take a photo of your child doing the activity and use that to create a schedule.
- Post it somewhere in the home where your child can see it.
- Review expectations every morning.
- Be flexible! Things will change and that's okay!

Weekday Routines

Morning



Afternoon



Evening



W1318500 (7/24)



The Kids Mental Health
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