

My Daily Helper

Pink Bunny & Friends

My Morning Routine



**A Social Story About
Getting Ready for My Day**

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I Wake Up Slowly



When I wake up, I may feel sleepy or unsure. I open my eyes, sit up, and give my body time to wake up. I do not have to rush.

Ask Together

What helps your body wake up?



I Stretch and Breathe



I stretch my arms and take a slow breath. This helps my body feel ready to move.

Ask Together

Can you show a morning stretch?



I Use the Bathroom



I go to the bathroom when my body needs to go. I can ask for help if I need it.

Ask Together

Who can help you with bathroom steps?



I Wash My Hands



I use soap and water to wash my hands. Clean hands help keep me healthy.

Ask Together

What parts of your hands should you wash?



I Choose My Clothes



I choose clothes that feel comfortable and fit the weather. It is okay to ask for another choice.

Ask Together

What clothes feel comfortable to you?



I Get Dressed



I put on my clothes one piece at a time. I can use a picture schedule or ask for help.



Ask Together

What do you put on first?



I Brush My Teeth



I brush the front, back, and tops of my teeth. A timer or song can help me know when I am done.

Ask Together

What can make toothbrushing easier?



I Eat Breakfast



Breakfast gives my body energy. I eat and drink what my grown-up has prepared for me.

Ask Together

What breakfast foods do you enjoy?



I Check My Plan



I look at my picture schedule to see what comes next. A grown-up or Helper Friend can help me understand my plan.

Ask Together

What comes after your morning routine?



Great Job - I Am Ready!



I checked my plan and finished my morning steps. I can feel proud of every step I tried. Now I am ready for my day!

Ask Together

Which morning step are you proud of?

