



Daily Routine Cards



Includes Step-by-Step Guide on How to Use Them



Daily Routine cards

These Daily Routine cards are designed to help your children **develop consistent and independent habits** throughout their day. By incorporating these visual aids, you can support your child's growth in **decision-making, language development, and responsibility**.

Our Daily Routine cards are versatile tools that can be used to create a **visual schedule** for your child's daily activities. These beautifully illustrated cards cover various aspects of a child's routine, from morning tasks to bedtime, making it easier for children to **understand and follow their daily schedule**.

Possible Activities

1. Visual Schedule:

- **Daily Routine:** Display the cards in order to create a visual schedule on a corkboard, magnet board, fridge, or a string line with pegs. This helps your child know what comes next and builds independence.
- **Choice Board:** Let your child choose the order of their tasks. This gives them control and helps with decision-making skills.



2. Task Completion:

- **Checklist:** Check off tasks as your child completes them. This reinforces their habits and gives them a sense of accomplishment.
- **Basket Matching:** Keep a basket of cards nearby and have your child place the completed task card in the basket once done.

3. Interactive Storytelling and Games:

- **Storytelling:** Use the cards to tell a story about each daily task. Ask questions like, "What do we do first in the morning?" or "Can you find the card where the child is brushing their teeth?"
- **Guessing Game:** Play a game by asking your child to show you the card for specific tasks, such as brushing teeth or combing hair.
- **Matching Game:** Print the cards twice and create a matching game to help your child recognize and remember their daily tasks.

4. Language Development:

- **Bilingual Learning:** Use the cards to teach the words for each task in two languages if you're raising a bilingual child.
- **Vocabulary Building:** Ask your child to describe each card, reinforcing language skills and vocabulary even in a monolingual setting. For example, "Where is the card that shows brushing teeth?"



5. Sequencing Practice::

- **Order Tasks:** Encourage your child to sequence the cards in the order they want to follow their daily routine. This helps with understanding the flow of their day.

6. Creative and Art Activities:

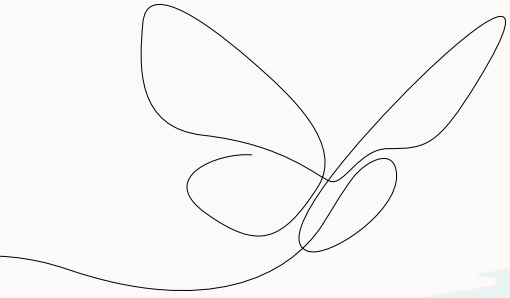
- **Draw Their Own:** Have your child draw their own version of each card. This integrates art into the learning process and makes the routine more personal.
- **Coloring:** Provide uncolored versions of the cards for your child to color.

7. Mindfulness and Responsibility:

- **Mindfulness Practice:** Include a card for a brief meditation or breathing exercise to start the day calmly and focused.
- **Responsibility Tasks:** Use cards to assign and track simple chores like feeding a pet, packing a bag, or cleaning up toys, fostering a sense of responsibility.

8. Fun and Play:

- **Role-Playing:** Use the cards in a role-playing game where your child pretends to be the parent, guiding a doll or stuffed animal through the routine.



HOW TO USE THE CARDS?



Step by Step Guide

Step 1

Identify the type of tasks your child needs to do before they start their day.

Remember: your child can also help you write this list too:

- Brush teeth
- Eat breakfast
- Help you in the kitchen
- Toileting
- Get dressed
- Pack a bag
- Put on shoes & jacket (weather appropriate)
- Feed Pet
- Clean up toys
- Anything else your children need to do to for their day!



Step 2

Create a chart so you can display these activities, as children are still young and using visual aids is so important. These are some options to display your routine:

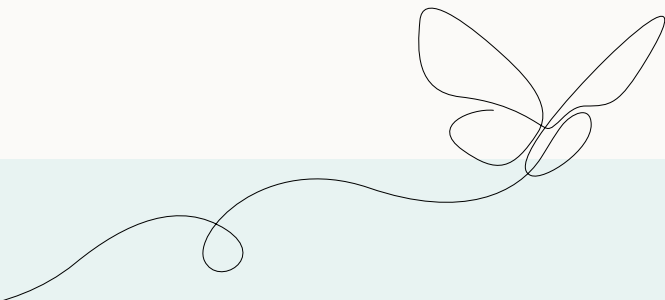
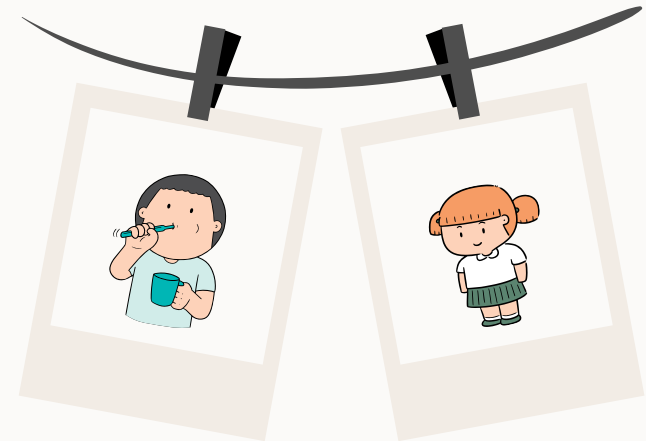
- Corkboard & pins
- Magnet board and magnets
- Fridge and magnets if it is visible and nearby
- String up on the wall anchored on two hooks and pegs
- Chalkboard and draw the pictures (if you're game enough!)
- Velcro on the back with the other side of velcro on the wall or on a board
- Stuck onto a piece of cardboard or paper and hung with sticky tape or blu tack



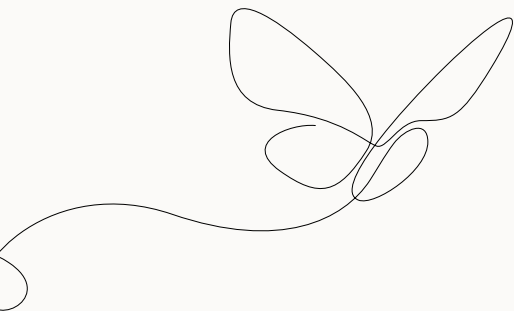
Step 3

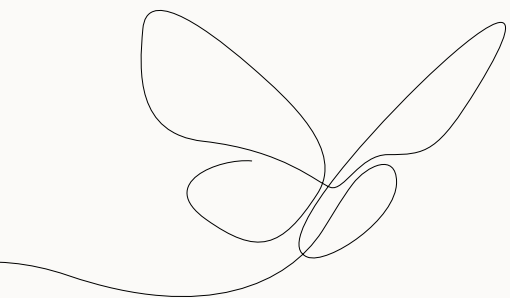
Display the chart and show children how to interact with it and use it. This is the fun part!
Allowing children to be a part of their day and routine gives them a sense of authority, makes them feel like they can contribute and be responsible.

- Walk them through the routine and you can even keep a basket of the pictures nearby and each time they have completed a task you can get them to stick it up on their routine chart.
- If your child is young you can make it a matching activity so one picture is displayed on the chart and the matching one kept in the basket.
- Remember to not put pressure on your children to do all these things but just encourage them once they have like 'Oh you put your shoes on!'



Helping kids build their daily routine is a great way to develop children's **self-confidence** from a young age, and it helps them recognize more of a **sense of control** in their own day-to-day activities. Building a child's **sense of responsibility** and routine not only will ultimately make your day easier, but it also promotes the characteristics of **independence, confidence, and organization** that are innate parts of Montessori at home for every child. Even if they just have time to be involved in one thing, it's a great start! Hope you feel ready to nail your routines!





VISUAL *Daily routine* CARDS



DRINK BOTTLE



EAT BREAKFAST



HAVE A DRINK



SNACK TIME



EAT LUNCH



EAT DINNER



BRUSH TEETH



BRUSH HAIR



GET DRESSED



USE TOILET



CHANGE DIAPER



WASH HANDS





TAKE A BATH



WASH HAIR



**PREPARE
SCHOOL BAG**



WAKE UP



EXERCISE



PUT ON SHOES





PREPARE FOOD



SET THE TABLE



CLEAN UP



MAKE BED



DO LAUNDRY



**HELP WITH
GROCERIES**



GARDEN



WALK THE DOG



WATER PLANTS



FEED PETS



PLANT FLOWERS



DOCTOR VISIT



READ



PLAY



SWIM



PAINT



STORY TIME



**PLAY WITH
FRIENDS**



PLAY OUTSIDE



DANCE



MUSIC TIME



FOREST WALK



SING



RIDE BIKE



PICK UP TOYS



LAUGH WITH MOM



CRAWL



SLEEP



PLAY IN SNOW



CAR RIDE





TRIP TO THE ZOO



BEACH DAY



PARK VISIT



GO TO DAYCARE



PICNIC



VISIT FAMILY



Thank you! 

