



Calm mornings

A gift for your family 🎁

Morning routine + Feelings traffic light

How to use it:

1. Print the routine and stick it on the fridge or their bedroom door.
2. Every morning, have them mark each finished task with a sticker or a ★.
3. Print the traffic light and use it when anger shows up: stop, think and act.

A support tool for families. It does not replace an evaluation or treatment by a professional.



My morning routine

Add a sticker or draw a ★ each time you finish a task

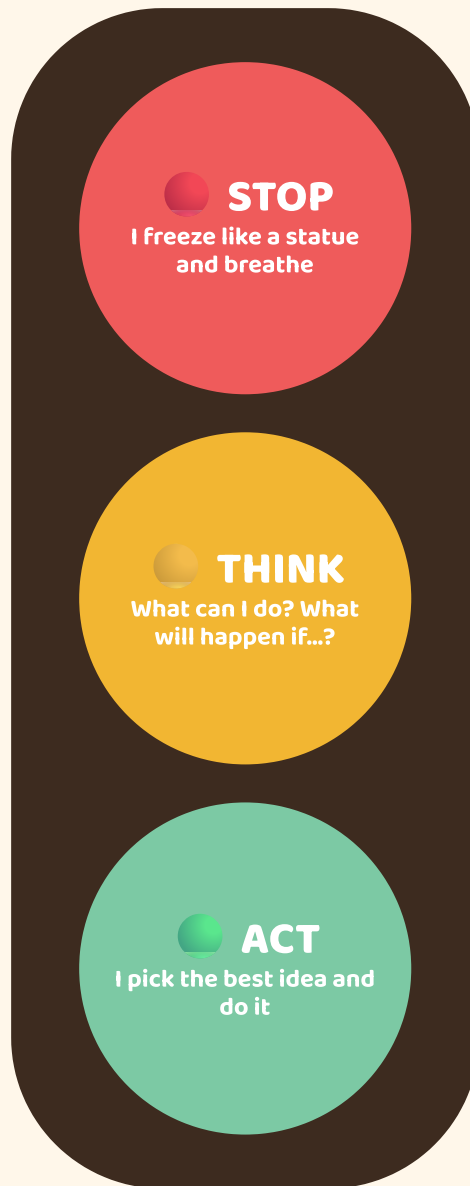
My name is: _____

 Task	M	T	W	T	F	S	S
 Get up							
 Go to the bathroom							
 Get dressed							
 Eat breakfast							
 Brush my teeth							
 Shoes and coat							
 Grab my backpack							
 Routine complete!							



Stop, think, act

When I get angry or want something RIGHT NOW, I use the traffic light



💡 Ideas for the yellow light

🙋 Ask for help

🚶 Step away for a moment

🗣️ Say how I feel

🌬️ Breathe again

⌚ Wait my turn

💛 Find a deal



Three ideas that help

So the routine really works

★ **Praise right away.** A “great job!” right when they finish is worth more than a big reward at the end of the month.

🔄 **Always in the same order.** Try the routine for at least two weeks before changing it. It's hard at first; then it almost runs itself.

🌙 **Get ready the night before.** Clothes, backpack and lunch ready: the morning starts half done.

🧭 **If this helped you...** this routine and the traffic light are part of **Calm Compass Kids**, a kit with an app where Ginger the cat keeps your child company through their routines, 30 printables and a parents' guide. You'll find all the details at calmcompasskids.store.

Questions or ideas? Email us at calmcompasskids@outlook.com