A child’s understanding of their daily routine activities contributes to a sense of safety and independence. Helping children establish and maintain daily routine activities provides them with consistency which is a key ingredient to happy and helpful learning!

**What you will need:**
- Dry-erase board, chalkboard, or paper
- Magazines, newspaper ads, or grocery fliers
- Marker or chalk
- Optional: Stickers, sticky notes

**What you can say:**

“**When we are at home, we will do similar activities everyday just like you do at school! What are some things you do at school?”**

“All of those things help you learn and grow. You do so many things throughout the day at school. We are going to do many things at home that will help you learn and grow, too!”

**Examples:**
Bars of soap (for handwashing); toothpaste/brush (for brushing teeth); fruits, vegetables, and other nutritious food choices (for snacks and meals).

“Washing our hands is very important because it helps to prevent the spread of germs and can remove germs from our hands.”

**Level Up:**
Add more activities to the grid.

**Level Down:**
Start with a couple routine activities and add more day-by-day.