

Routinely Routine



 wash hands	✓
 snack time	✓
 water flowers	
 ignite	

Skill Identifies daily routine activities.

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

- 1. Explain to your child that when they are at home, they have certain routines.**
- 2. Create a visual schedule.**
Support your child in identifying daily routines (at home) by creating a visual schedule. Start by making a two-column grid on a dry-erase board, chalkboard, or piece of paper.
- 3. Find visuals of routine activities.**
Work with your child to find pictures that illustrate different daily routines in magazines, catalogs, grocery fliers, or other paper advertisements. Place these images on the left side of the grid.
- 4. Discuss the importance of each activity.**
As you and your child work together to find images for the visual schedule, talk with her about the importance of each daily routine activity.
- 5. Check off activities as they are completed.**
On the blank side of the grid your child can add a small sticker, sticky note, or checkmark next to each daily routine activity as it's completed.

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).

What you can say:

"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.