

Calm & Clear Mornings

An editable ADHD Morning Routine Board

A simple, visual checklist you can customise in Canva, so your child knows exactly what to do next (without constant reminders).

Designed for easily distracted, easily overwhelmed mornings.

- ✓ Clear steps
- ✓ Simple tick boxes
- ✓ Rewards Focused
- ✓ More Independent Mornings

WHY THIS SIMPLE SYSTEM WORKS

Many ADHD children don't struggle because they're unwilling. They struggle because they forget what comes next.

This editable routine board gives your child:

- Clear visual structure
- One task at a time focus
- A satisfying checkbox system
- A predictable reward at the end

Instead of repeating instructions 15 times, the board becomes the reminder.

When every box is ticked, they earn a small reward. Something simple and consistent (like 10 minutes of TV before school).

I follow a very simple, "trying is better than done" strategy. As long as my little one follows her checklist and tries to complete it independently, I'm happy. But I will intervene where needed to avoid meltdowns and further stress.

It's about building independence in manageable steps, even if it takes some time.

SET UP IN 5 MINUTES

The following page is an example of the checklist that we use. You are welcome to print and use it as is (if it matches your current morning routine). Or you can customize it in Canva following these steps:

- 1 Open the **[Canva template link](#)**.
- 2 Edit the routine steps to match your morning.
- 3 Add the included graphics if you'd like visual cues.
- 4 Download and print (A4 landscape).
- 5 Place in a frame or laminate for easy ticking.

Tip: Keep the routine realistic.
Too many steps = overwhelm.
Start small. You can always add later.

My Morning Routine Board



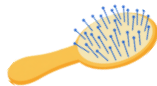
Wake Up



Get Dressed



Brush Teeth



Brush Hair



Eat Breakfast



Pack School Bag



Shoes On

When all my boxes are checked, I earn:

10 Minutes of TV before school!



ADD VISUAL CUES

Some children respond better to pictures than words.
Here are a few simple graphics that you can use alongside your routine steps if helpful.

