

the MORNING CHECKLIST



A BALANCED ABODE NJ LLC



hey there, friend!

Although being a professional home organizer is what I'm best known for, the most important job I have in life is very much the same as yours: *being a parent*.

As a mom of three wild and crazy kids, I know firsthand how difficult it can be to get your little ones ready and out the door on time for school each morning. From getting them out of bed, to preparing a breakfast they'll actually eat, to dressing and grooming each child in his or her own style, the morning struggle is *real*.

But what if it doesn't have to be?

After years of struggling with this exact issue, I decided to use my experience as a teacher and home organizer to create a morning checklist that helped me to establish a real-life routine, encourage independence amongst my children, and--most importantly--get into the car and off to school with way less drama AND time to spare.

Yes... Time. To. Spare.

In this resource you'll find multiple morning checklist templates to choose from as well as tips on how to supplement the checklist to best support your family's needs.

**get ready to take the stress out
of your mornings with the use of
the morning checklist**

A BALANCED ABODE NJ LLC

01

select a template

Select and print the template that best suits the needs of your child. Consider using the picture template for a non-reader (PreK-K), the word template for an early reader (1-2), and the blank template for an independent reader (4-5).



02

explain it

Sit with your child to explain how the token board works. Share how each morning a prize will be earned when all of the tasks are completed in the order they're listed in on the token board.

All tokens start under the "X" each morning and are moved to the "✓" when each individual task is completed.

03

brainstorm prizes

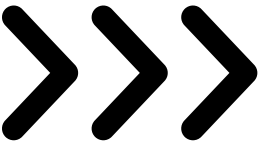
Work with your child to brainstorm prize options that are of interest to him/her. Some examples are sensory play time, piggy bank money, or five extra minutes of after-school game time. You can find a prize brainstorming resource at the end of this packet!

04

prepare the board

Ensure your child's token board will stand the test of time by choosing one of these reinforcement options:

- **Use a laminator to laminate the token board and the individual picture tokens (if choosing to use them). Add Velcro dots to each space beneath the "X" and "√" and to the back of each token you've selected to use.**
 - *Don't want the picture tokens? Consider using counting chips, pennies, or small Legos as tokens instead!*
- **Use a clear sheet protector to store the token board in and either use Velcro tokens or a dry erase marker to check off each checklist item.**
- **Tape the token board to your refrigerator and use magnets as the tokens.**



05

practice together

Your child will gain independence with completing his/her morning checklist with support and repetition! Complete the token board alongside your child for about a week and offer frequent praise in order to help the routine to stick.

You can use the file holder on your 1Thrive Wall Organizer to store your child's morning checklist in!



tips for maintaining interest

Over time, your child may begin to lose interest in the prizes you worked together to brainstorm at the start of the school year. **Don't let this discourage you!**

It's simply human nature to become bored and unmotivated when the same rewards are offered time and time again.

If you notice your child resisting his or her morning checklist, it may be time to brainstorm new items to earn!

Simply reprint the "Prize Brainstorm" resource located at the end of this packet and work with your child to add new prize options.

“the greatest threat to
success is not failure
but boredom.

-James Clear, author of *Atomic Habits*

was this guide helpful?
follow for more!



@abalancedabodenj



www.abalancedabodenj.com

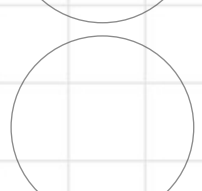
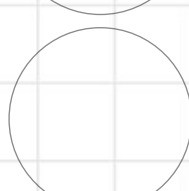
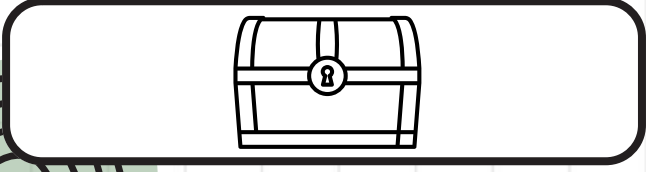
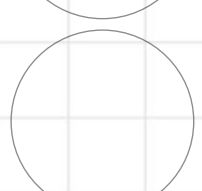
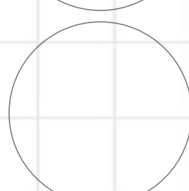
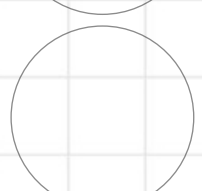
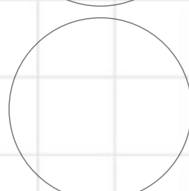
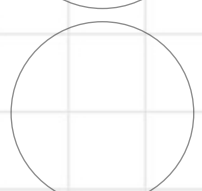
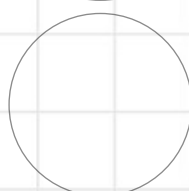
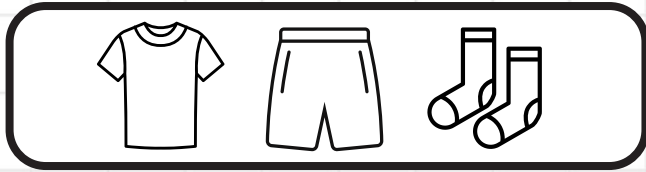
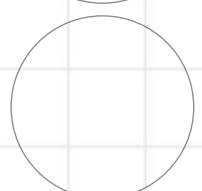
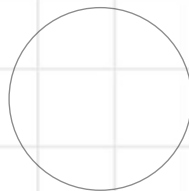
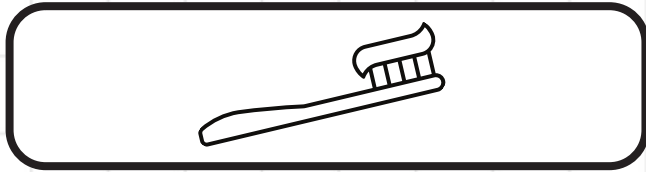
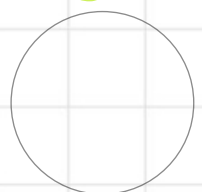
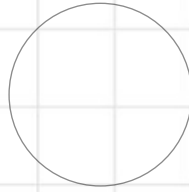
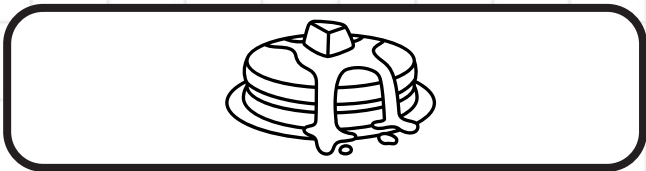
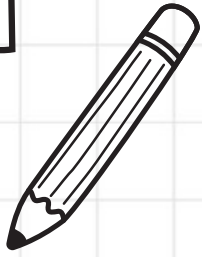


A BALANCED ABODE NJ LLC

MORNING CHECKLIST



(INSERT 3 X 2 PHOTO HERE)



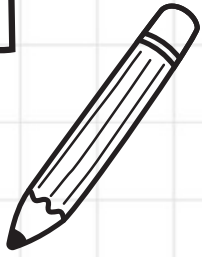
elo



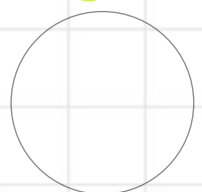
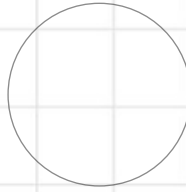
MORNING CHECKLIST



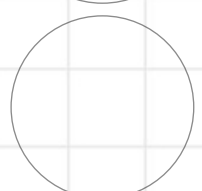
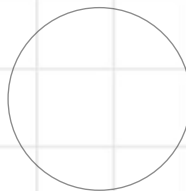
(INSERT 3 X 2 PHOTO HERE)



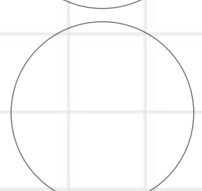
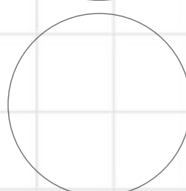
EAT BREAKFAST



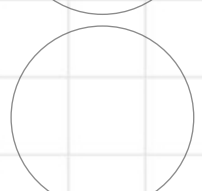
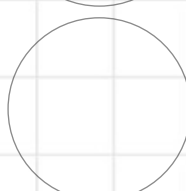
BRUSH TEETH



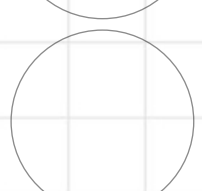
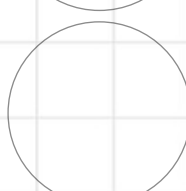
GET DRESSED



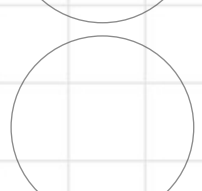
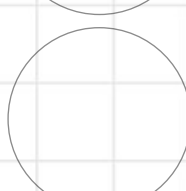
BRUSH HAIR



PUT ON SHOES



PRIZE



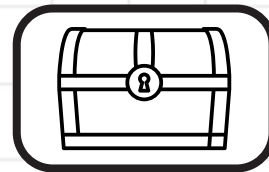
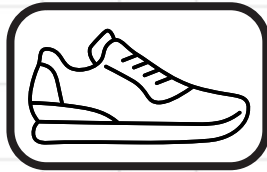
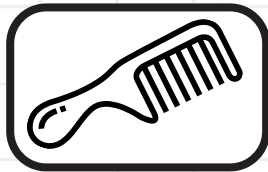
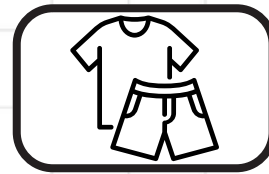
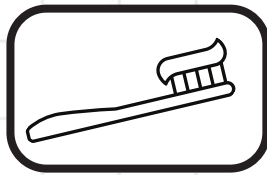
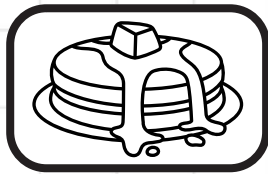
elo

elo



PICTURE TOKENS

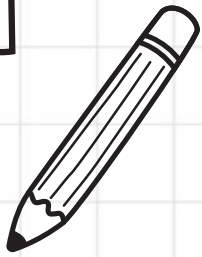
COLOR, CUT OUT, AND LAMINATE THESE TOKENS FOR USE ON YOUR CHILD'S TOKEN BOARD. PLACE A VELCRO STRIP ON THE BACK OF EACH PICTURE TO ADHERE IT TO THE BOARD.



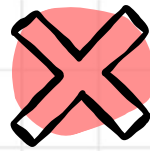
MORNING CHECKLIST



(NAME)



TASK



PRIZE BRAINSTORM

USE THIS SPACE TO BRAINSTORM PRIZES FOR YOUR CHILD TO EARN AFTER COMPLETING HIS/HER MORNING CHECKLIST. YOU CAN WRITE IN OR DRAW PICTURES OF THE PRIZES!

