FAMILY MORNINGS

Name:

Date:

Mornings run more smoothly when everyone knows their part, and the grown-ups have a plan too.

1 The night before

- [ ] Lunches or lunch money sorted
- [ ] Clothes or uniforms out
- [ ] Forms signed, emails checked
- [ ] _____
- [ ] Bags packed and by the door
- [ ] Sports kit and instruments ready
- [ ] Keys, phone and wallet in one spot
- [ ] _____

2 Who does what, and when

Tick each box as it happens, or add initials for who helps.

STEP	TIME	NAME: _____	NAME: _____	NAME: _____
Wake up	:			
Get dressed	:			
Breakfast	:			
Teeth and hair	:			
Shoes and bags	:			
Out the door	:			

3 My own launch

- [ ] Up a little earlier for a quiet moment
- [ ] My things ready the night before
- [ ] Phone away until we are out the door
- [ ] Breakfast for me, too
- [ ] _____

My calm phrase for rushed moments:

_____

4 When it goes sideways

- [ ] Pause for two minutes and breathe
- [ ] Switch to the “just the essentials” list
- [ ] Talk it through after school, not now
- [ ] _____

Our essentials only:

_____

5 Friday check-in

What worked this week?

_____

One thing to change next week:

_____

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