



Let's Make Routines

Routines are the things we do regularly that help our day run smoothly. They give us structure, support our wellbeing and help us build resilience.

Think about it...

What routines help you feel your best? What would you like to get better at?



Why routines help



They help us feel calm and secure.



They help us manage our time and energy.



They help us build positive habits.



They help us remember what's important.



They help us deal with challenges and changes.

My Routine Builder

Fill in your ideal routine. Remember – be realistic and kind to yourself!



Morning

How will I start my day well?

1. _____
2. _____
3. _____



School / Learning

Eenne

How will I stay focused and do my best?

1. _____
2. _____
3. _____



After School

What will I do after school?

1. _____
2. _____
3. _____



Evening

How will I relax and spend time with people I care about?

1. _____
2. _____
3. _____



Bedtime

How will I get ready for a good night's sleep?

1. _____
2. _____
3. _____

Top Tips for Great Routines



- ★ Start small – one change at a time.
- ★ Be consistent – try to do it regularly.
- ★ Be flexible – it's okay if things change.
- ★ Use reminders – timers, notes or checklists help.
- ★ Celebrate progress – notice and be proud!

My Routine Promise

I will do my best to follow my routines, take small steps and be kind to myself along the way.

Signed: _____
Date: _____



♥ You've got this! ♥

Every small step you take with your routine builds your resilience and helps you become the best version of you.

