DAILY ROUTINE TEMPLATE
Creating Consistency for Your Child's Day
LCBWA – Low Country Behavior & Wellness Agents

Daily routines help children feel secure, understand expectations, and develop independence. This template allows you to map out your child's morning, afternoon, and evening structure in a simple, visual way.

How to Use This Routine Template

- Write out each major part of your child's day
- Keep wording simple and clear
- Post the routine in an area your child can see
- Review it together each morning
- Check off or mark tasks as completed

Sample Routine Ideas

- Morning: Wake up, bathroom, get dressed, breakfast, pack bag
- Afternoon: Snack, homework or learning time, play, chores
- Evening: Dinner, bath, story time, bedtime

Tips for Success

- Stay consistent but flexible
- Use visuals if needed
- Celebrate routine successes
- Adjust as your child grows

DAILY SCHEDULE

DAY: _____

M T W T F

TIME	TASKS

DAILY SCHEDULE

DAY: _____

M T W T F

TIME	TASKS

DAILY SCHEDULE

DAY: _____

(M) (T) (W) (T) (F)

TIME	TASKS

DAILY SCHEDULE

DAY: _____

M T W T F

TIME	TASKS

DAILY SCHEDULE

DAY: _____

M T W T F

TIME	TASKS

DAILY SCHEDULE

DAY: _____

M T W T F

TIME	TASKS

DAILY SCHEDULE

DAY: _____

M T W T F

TIME	TASKS