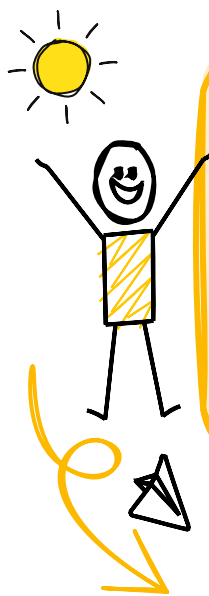


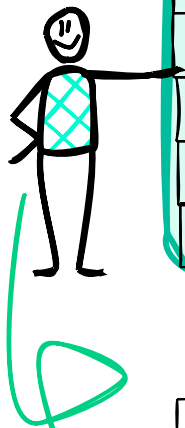
DAILY ROUTINE CHART

MORNING ROUTINE



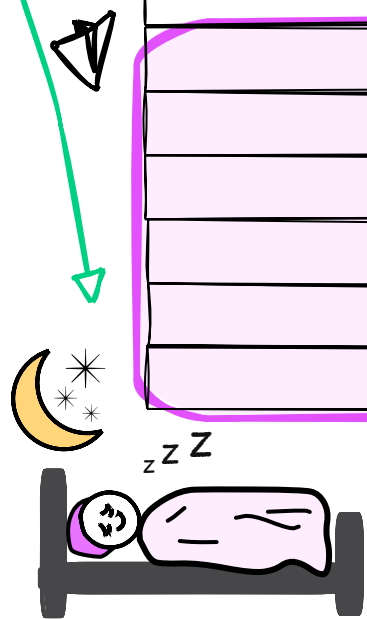
	M	T	W	T	F	S	S

AFTERNOON ROUTINE



	M	T	W	T	F	S	S

EVENING ROUTINE



	M	T	W	T	F	S	S

About This Resource

This free Daily Routine Chart is a helpful tool for parents to organise their children's and teenagers' daily schedules. It is designed to promote structure, consistency, and a sense of routine, making it easier for children and young people to manage their time and responsibilities.

How to Use:

- Write down the key activities or tasks for your child or teen under each section: Morning, Afternoon, and Evening.
- Include time slots or priorities to help guide them through their day.
- Encourage your child to tick off completed tasks, building a sense of achievement.

This resource is ideal for parents who want to support their children in balancing personal tasks, household responsibilities, and leisure time while building positive habits. Download, print, and start creating a routine that works for your family!

See Our Websites for More Free Resources

1 www.socialworkerstoolbox.com



2 www.anxietyhelpbox.com



3 www.feelingshelpbox.com



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