

Daily routine planner (morning & evening)

A calm, visual plan for mornings and evenings to reduce decision load at home.

Morning routine

Time | Step | Notes

- 7:00 | Wake up + stretch | Light on, gentle cue
- 7:10 | Wash + dress | Clothes ready night before
- 7:25 | Breakfast + water | Protein + hydration
- 7:40 | Pack bag | Checklist by the door

Evening routine

Time | Step | Notes

- 6:00 | Dinner + decompress | Low-noise environment
- 6:45 | Homework / quiet activity | Use timer blocks
- 7:30 | Wash + pyjamas | Lights down
- 8:00 | Wind down | Story, breathing, calm music