

Morning Without Chaos



Parent Detective Guide

The Real-Life Problem

This mission helps with the everyday problem of mornings becoming rushed, emotional, and disorganized.

Your child may know that school is coming, but still struggle to move through the morning steps.

They may:

- forget what comes next,
- get distracted by toys or screens,
- lose shoes or backpack items,
- move slowly when time is short,
- become upset when hurried,
- need repeated reminders.
- freeze when too many instructions arrive at once.

To an adult, morning chaos can look like defiance or not caring.

But often, the child is facing many executive function demands before the day has even begun.

This mission teaches your child to use a short, visible morning path.

The goal is not a perfect morning.

The goal is a morning with fewer surprises, fewer missing things, and one clear next step.



Why Kids Get Stuck

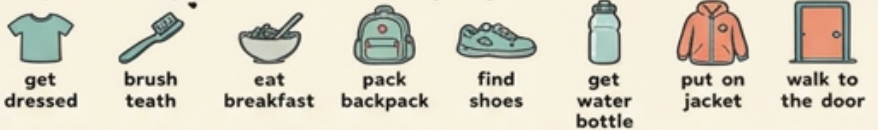
Mornings are difficult because they combine several hard skills at the same time:

- remembering steps
- tracking time
- switching tasks
- managing tired feelings
- finding materials
- following directions
- leaving an activity
- handling pressure

A direction like:

"Get ready, we have to go."

may sound simple, but it can hide many steps:



When those steps are invisible, the child may stall, wander, argue, or shut down.

This mission makes the morning visible and repeatable.

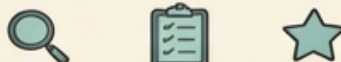
LOOK → LISTEN → DO



LOOK at the morning path.
LISTEN for the next step.
DO one morning action.

What Your Child Will Learn

ZOOM → CHOOSE → START



ZOOM into one short part of the morning.
CHOOSE 3 to 5 steps.
START with the first step.

STOP → SPOT → STEP



Use this when the morning gets stuck, rushed, or emotional.

★ The goal is for your child to learn: "I can return to the morning path instead of getting lost in the chaos."

What To Say

- "Let's look at your morning path."
- "Which step comes next?"
- "What can you do before the timer ends?"
- "Are we stuck on time, things, feelings, or the next step?"
- "Let's stop, spot the next step, and keep moving."
- "You do not need the whole morning at once. Just this step."

What To Avoid

- "Hurry up!"
- "We do this every day."
- "Why are you never ready?"
- "You are making us late."
- "I told you five times."
- "Fine, I'll just do everything."

These phrases may increase stress and make the child less able to organize the next step.



Detective Tip

Prepare one small thing the night before.
This is not about creating a perfect evening routine.
Choose only one support:

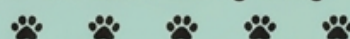


One prepared clue can reduce morning chaos.



Parent Reminder

A calmer morning starts with one visible path, one next step, and one less missing thing.





THE FOCUS DETECTIVES

MORNING ROUTINE CARD



★ A great morning starts with a clear plan.
Look. Listen. Do. One step at a time!

LOOK



What needs to happen first this morning?

LISTEN



What comes next?
What is the plan?

DO



Do my next step with focus!

MY MORNING ROUTINE CHECKLIST

Follow the steps in order. Check each one when it's done!

1



GET DRESSED

Put on my clothes.

☐

2



BRUSH TEETH

Clean teeth for a happy smile.

☐

3



EAT BREAKFAST

Fuel my body and brain.

☐

4



GET BACKPACK READY

Check homework, books, and supplies.

☐

5



SHOES ON

Put on my shoes.

☐

6



TIME TO GO!

Grab what I need and head out.

☐

USEFUL TOOLS

These tools can help me stay on track!



STOP →
SPOT → STEP



LOOK →
LISTEN → DO



TIMER
REMINDER

MY MORNING WIN



Today I did a great job with:

I am proud of:



One small step this morning leads to a successful day!





THE FOCUS DETECTIVES

MY ROUTINE BUILDER



I can build a routine that helps me stay focused, organized, and successful!



MY ROUTINE IS FOR: _____

(Example: Morning, Homework, Bedtime, After School, etc.)

1



FIRST

☐

2



NEXT

☐

3



THEN

☐

4



AFTER THAT

☐

5



LAST

☐

TOOL I CAN USE

Circle one or more tools that can help me.



STOP →
SPOT → STEP



LOOK →
LISTEN → DO



TIMER
REMINDER



ZOOM →
CHOOSE → START



CHOOSE A PLAN



ONE JOB
AT A TIME

MY ROUTINE CHECKLIST

Check each box when I do my routine!

☐☐☐☐☐



MY ROUTINE WIN



Today I followed my routine!

I am proud of: _____

Next time I will: _____

MY ROUTINE REMINDER



My routine helps me:

★ Stay focused

★ Feel calmer

★ Get things done

★ Reach my goals



I BUILD MY ROUTINE. I FOLLOW MY ROUTINE. I WIN!

