VISUAL SUPPORTS AND DAILY ROUTINES

Morning Routine Chart

Free download · My SEND Friend Shop

A visual morning routine you can personalise, with a simple sequence and cut-out cards.

These are simple, original My SEND Friend drawings and empty boxes you can fill. They are not PECS, Widgit, Boardmaker or any other licensed symbol system. Use the person's own words, photos, or drawings if those work better. A visual is a support, not a test — stop or change it if it adds pressure.

Who this is for

Families who want mornings to feel more predictable, without turning the chart into a battle.

What is inside

- How to keep a morning chart kind
- A visual sequence
- A writable weekday chart
- Cards to move

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Predictable, not military

A morning chart works best when it shows a realistic sequence for this family, including enough time and any support the person needs. Build it together. If a step is a struggle every day, the chart will not fix the reason — it can only make the order clearer.

A possible morning sequence

Change the order and the words. Cross out steps you do not need, and add your own on the blank ones.

1



Wake up

2



Toilet

3

Get dressed

4



Breakfast

5

Teeth / wash

6

Bag and shoes

7



Leave / next

8



Finished

Our weekday mornings

Write the actual time or the actual step in each box, if a clock time helps. If clock times raise anxiety, use order only.

	Mon	Tue	Wed	Thu	Fri
First					
Then					
Next					
Then					
Last, before we leave					

Morning cards

Cut these out and place them in order each morning, or leave the sequence on the wall.



Wake



Toilet



Eat

Get dressed



Bag



Outside



School



Finished



Help



Wait

My own

My own

What we will try

The morning sequence we will actually use, in our words

What support is needed, and what we will not rush

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk visual supports and family tools
- Adapt every chart to words and pictures the person already knows
- This is not a behavioural programme and it is not a licensed symbol set

A reminder about this free pack

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