Daily Routine Chart

Social-Emotional | Ages: 3–6 years | schoolreadyquest.com

Morning Routine

- ☐ Wake up, use bathroom, and wash hands & face
- ☐ Get dressed (shirt, pants, socks, shoes)
- ☐ Eat breakfast and brush teeth
- ☐ Check backpack / water bottle before heading out

Play & Learning Time

- ☐ 10–15 minutes of hands-on quest or reading together
- ☐ Outdoor play or active movement break
- ☐ Put away blocks, books, and art supplies

Evening & Bedtime

- ☐ Eat dinner and help clear your own plate
- ☐ Bath / pajamas and brush teeth
- ☐ Read 1–2 favorite storybooks together before sleep

Notes: