



Some tasks feel huge. Breaking them into steps makes the first step doable. Use these cards for things kids can learn to do on their own.

GET DRESSED

1

Underwear & socks

2

Pants or skirt

3

Shirt over head

4

Arms through sleeves

5

Shoes — Velcro or laces

PACK MY BACKPACK

1

Folder & homework inside

2

Pencil case zipped

3

Water bottle filled

4

Lunch or lunch money

5

Backpack zipped & by the door

CLEAN UP MY ROOM

1

Dirty clothes in hamper

2

Toys back in their bins

3

Books on the shelf

4

Make the bed

5

One last look — anything missed?

BRUSH MY TEETH

1

Wet the toothbrush

2

Squeeze a pea of paste

3

Brush top & bottom

4

Brush tongue too

5

Rinse, spit, smile!