

A FREE DOWNLOAD FROM INTERLAZA

# Daily routine cards to print

54 cards to cut out and use at home or in the classroom: the morning, mealtime, the bathroom, getting dressed, bedtime, going out, how I feel and asking for things. In photographs, with the morning also in drawings.



- Nine sheets of six cards, with a cutting line.
- A routine board to lay them out in your own order.
- A sheet of blank cards for what only happens at your house.

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Print it and photocopy it as many times as you like, at home, at school or in your practice. It may not be resold or included in a paid resource. The photographs and drawings come from the Interlaza library.

**interlaza.com**

# How to use these cards

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1. **The cards are photographs, and that is deliberate.** A drawing is a summary: it removes the color, the brand and the size of what it stands for, so it only helps a child who already recognizes the thing being summarized. The sheet "The morning, in drawings" carries the same six steps drawn — move to those once your child points at the photographs without hesitating.
2. **Before the photograph comes the object itself.** If your child does not yet connect the photograph of a toothbrush with the toothbrush in their hand, start with the real one — better still, take a photograph of yours.
3. **Cut out one routine and lay it out in order on the board.** Four or five steps is enough. A twelve-step board does not get read, it gets ignored.
4. **Show the board before, not during.** It is looked at when the routine starts. Bringing it out once a child is already stuck turns it into the thing that appears when something is wrong.
5. **Pick one set of cards and keep it.** If home uses these and school uses different ones for the same thing, your child has to learn it twice. Agreeing is worth it, even if you like the other set less.
6. **Remove a card once it is no longer needed.** The goal is a routine that holds without it. Take a step out once it has run for several days with nobody looking at the board.
7. **Add your own.** The last sheet is blank on purpose: Tuesday snack, the teacher, grandma's car. Glue a photograph on and write the word underneath.

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This is not an assessment and not a method: they are cards. What decides whether they work is the adult using them the same way every time.

# The morning

Get up · wash hands · brush teeth · get dressed · breakfast · backpack



**Wash your hands**



**Brush your teeth**



**Get dressed**



**Eat**



**Drink**



**Backpack**

# The morning, in drawings

The same six cards, drawn. Start with the photos and move to these once they are recognised.



**Wash your hands**



**Brush your teeth**



**Get dressed**



**Eat**



**Drink**



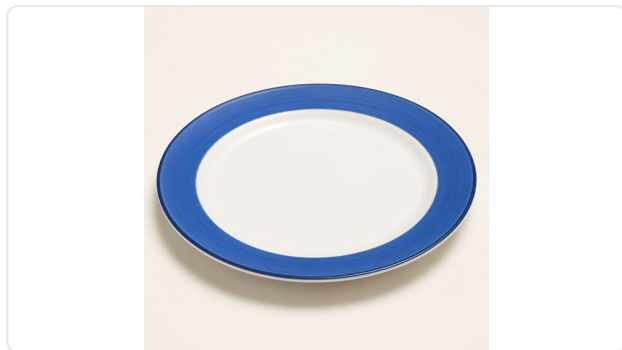
**Backpack**

# Mealtime

Set the table · sit down · eat · drink · wipe up



**Table**



**Plate**



**Spoon**



**Fork**



**Cup**



**Napkin**

# The bathroom

Toilet · bathtub · soap · sponge · towel · comb your hair



**Toilet**



**Bathtub**



**Soap**



**Sponge**



**Towel**



**Comb**

# Getting dressed

The clothes, in the order they go on at your house



**T-shirt**



**Pants**



**Socks**



**Shoes**



**Coat**



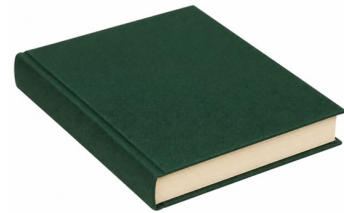
**Cap**

# Bedtime

Pajamas · a story · bed · sleep



**Pajamas**



**Book**



**Bed**



**Pillow**



**Blanket**



**Sleep**

# Going out

Where we are going, to say it before leaving



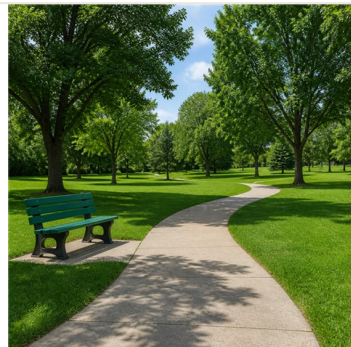
**Walk**



**Bus**



**Car**



**Park**



**Store**



**School**

# How I feel

To point at, not to ask "how are you?" and wait for an answer



**Happy**



**Sad**



**Angry**



**Scared**



**Surprised**



**Sleepy**

# Asking for things

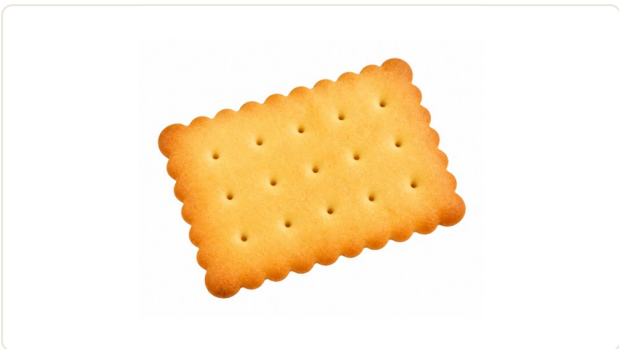
What gets asked for most at home; add yours on the blank cards



**Water**



**Milk**



**Cookie**



**Ball**



**Tablet**



**Hug**

# Routine board

Glue the cards in order, left to right and top to bottom. Print this sheet once for every routine you have.

1

2

3

4

5

6

# Blank cards

Glue a photograph of your own on and write the word underneath.