5 steps to a **POSITIVE MORNING ROUTINE** for kids

**1. RECONNECT**

- Kids will be much more willing to listen and follow your morning directives if you’ve connected with them first. Time spent reestablishing your bond after a long night can make the morning run smoothly.
  - Spend 5 minutes snuggling
  - Hold hands while walking downstairs
  - Share a few deep breaths together
  - Choose a card from a yoga deck and do a pose or two
  - Write with your journal buddy in your Big Life Journal or do a page from the Gratitude Challenge in the Challenges Kit
  - Play a gratitude ball game (included in the Growth Mindset Activity Kit)

**2. CREATE A ROUTINE**

- Make a “launch pad” in your home. Simply choose an area where kids get organized for the day. Include:
  - hooks or small table for backpacks
  - bins for organizing folders or homework
  - morning routine checklist
  - affirmations jar
  - “Things I Can Control” poster from the Growth Mindset Printables Kit

**3. DO AFFIRMATIONS**

- Speaking positively about ourselves aloud can change our brains and even improve the way we see our future unfolding. Follow these steps together:
  - **Language**: Begin each phrase with strong, positive words (e.g., “I am kind,” “I am going to rock this day.” “I create happiness for myself”).
  - **Visualization**: Spend several moments picturing details of the emotion or situation you’re affirming. This step connects your words to the positive feelings surrounding them.
  - **Implementation**: Believe in your statement. If the affirmation feels false, know the more you practice, the more real it becomes.

**4. SET THE STAGE**

- Engaging your child’s five senses is a simple and impactful way to create positive associations with the morning routine. Some ideas include:
  - **Touch**: hug, snuggle or hold hands
  - **Sight**: make eye contact, read affirmations
  - **Sound**: play soft instrumental music, Big Life Journal growth mindset Spotify playlist, or other selection
  - **Smell**: light candles or incense, spray essential oils
  - **Taste**: mindful sip of water, eat healthy breakfast together

**5. PRACTICE AND REHEARSE**

- Choose a relaxing time to encourage your child to make a meaningful morning goal. Ask, “What would you like to learn how to do in the morning?” Ideas include:
  - Making her own breakfast
  - Writing or selecting the daily affirmations for the week
  - Getting himself dressed
  - Creating a positive playlist
  - Being the morning leader who gets everyone up and moving

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