PERSONAL CARE AND ROUTINES · DEVELOPING: IDENTIFY A HELPFUL EVERYDAY ROUTINE STEP

Build a Ready-to-Go Routine

Name _____ Date _____

Read each time of day. Write or say the helpful routine step.



Before breakfast

1. What can help? _____



Before leaving home

2. What can help? _____



After using the restroom

3. What can help? _____



Before bed

4. What can help? _____



After a workout

5. What can help? _____



Before a community class

6. What can help? _____

PERSONAL CARE AND ROUTINES · ANSWER GUIDE

Build a Ready-to-Go Routine

Accept pointing, speech, signing, typing, or written answers.

Read each time of day. Write or say the helpful routine step.



Before breakfast

1. What can help?
wash hands



Before leaving home

2. What can help?
phone and keys



After using the restroom

3. What can help?
wash hands



Before bed

4. What can help?
clean clothes



After a workout

5. What can help?
drink water



Before a community class

6. What can help?
start time