

MORNING RITUAL

STUDENT: _____ WEEK OF: _____

Morning Hygiene & Dress

07:30 AM

Make Bed & Tidy Room

07:45 AM

Nutritious Breakfast

08:00 AM

Daily Affirmation & Mindfulness

08:30 AM

Review Learning Objectives

08:45 AM

Workspace Setup & Supplies

08:55 AM

Core Subject Commencement

09:00 AM

DAILY OBSERVATIONS