



Morning Routine Assistance

Activity

Complete this activity with your parent / guardian, there is a copy of this worksheet for them to complete.

Have a think about what you do for yourself in the morning and what you get help with from your parent / guardian.

What I do for myself in the morning:

What I get help with in the morning:

Now compare this with your parent / guardian.

Do you think you do more for yourself than you actually do?

If you rely on your parent / guardian to do a lot for you in the morning, have a think about what you could do for yourself.