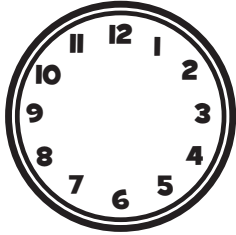


# My Morning Routine

Primary

What's your morning routine? What you do when you wake up helps make sure the rest of your day is great! Fill in the blanks and pictures below to show how you start every day the best possible way!



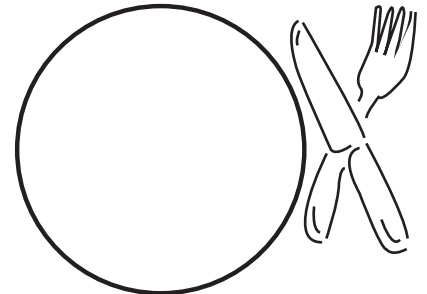
I wake up at \_\_\_\_\_ time



I brush my teeth with a \_\_\_\_\_ toothbrush.  
color

I eat a healthy breakfast! Some mornings I have \_\_\_\_\_ breakfast food

Other mornings, I have \_\_\_\_\_ breakfast food



My healthy breakfast prepares me for my favorite subject.

\_\_\_\_\_ favorite subject

<b>A+</b>
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## Family Challenge!

Take This Home

**My Family's Healthy Shopping List for Breakfast - Talk to your family about eating a healthy breakfast. Then, use a piece of lined paper and write or draw 5 foods that your family likes to eat for breakfast. Draw a picture of your family on top of the list. Bring your list to school to share with your classmates!**