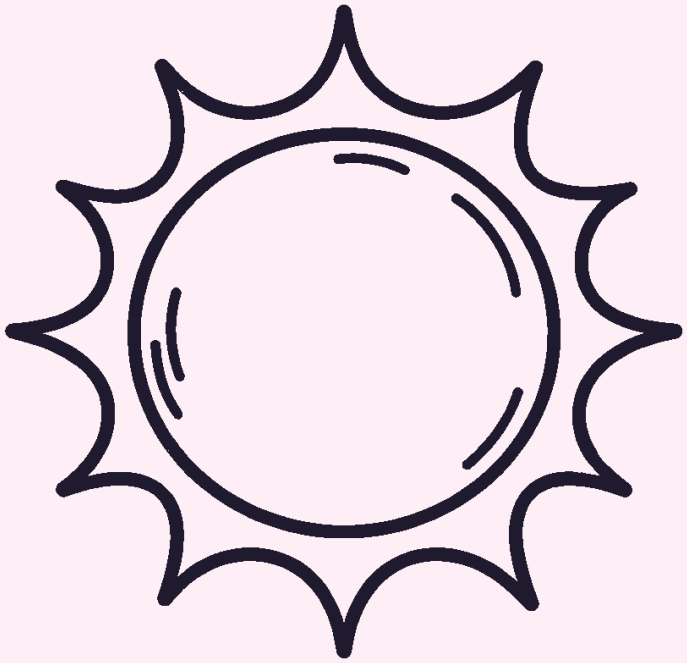
PSED · PSED · BOOK 8 OF 46

Routine Cards

Feelings, friends and looking after me.



Ages 3-5 | 13 pages | 15 min a page | Print at 100%

Talk | Vocabulary | Reading

This book belongs to:

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Notes for grown-ups

Why this matters

Predictable routines help young children feel calm and confident. This book uses pictures of everyday moments to talk about what happens first, next, then and last.

How to use this book

1. Do one or two pages a day, not the whole book at once.
2. Talk about the pictures before you start each page.
3. Let your child take their time; there is no rush.
4. Praise trying and noticing, not neatness.

Things to say

- "What do we do first?"
- "What happens next?"
- "What is your favourite part of the day?"

What to look for

- Talks about what happens at different times
- Puts events in the right order
- Follows a simple routine with a reminder

If it is too hard

Talk about just two parts of the day, such as morning and bedtime.

If it is too easy

Ask them to tell you the whole day in order without any pictures.

You will need

pencil, crayons, scissors (adult-led), glue (optional)

EYFS link

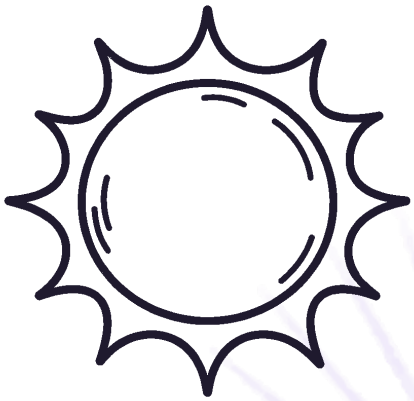
PSED (Self-Regulation / Managing Self / Building Relationships): talk about their own and others' feelings, follow routines, take turns and look after themselves.

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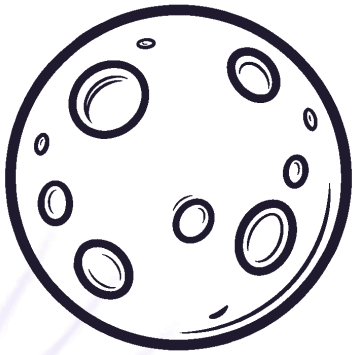
About: Routine Cards

Adult: Look at the pictures and talk about them together.

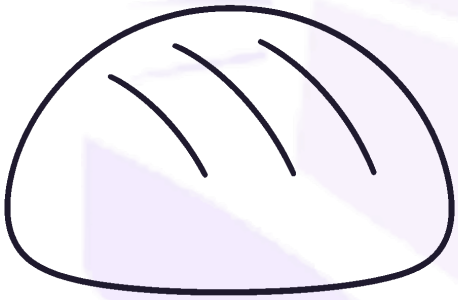
Name _____ Date _____



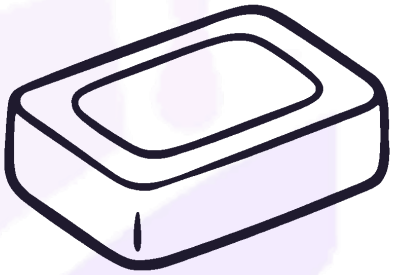
sun



moon



bread



soap



clock



bus

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Key words to trace

Adult: Read each word together, then trace it.

Name _____ Date _____

sun sun

moon moon

bread bread

soap soap

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Match word to picture

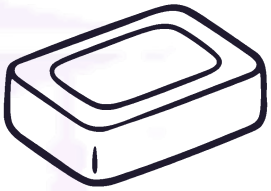
Adult: Draw a line from each word to its picture.

Name _____ Date _____

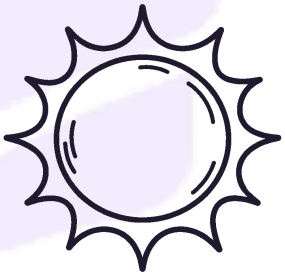
sun



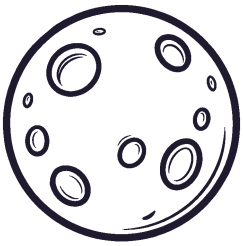
moon



bread



soap



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Morning or evening?

Adult: Cut and sort the cards. Talk about each one.

Name _____ Date _____

morning	evening

Eat breakfast	Brush teeth
Read a story	Go to bed
Get dressed	Have a bath

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In order

Adult: Draw (or cut and stick) what happens first, next, then and last.

Name _____ Date _____

First

Next

Then

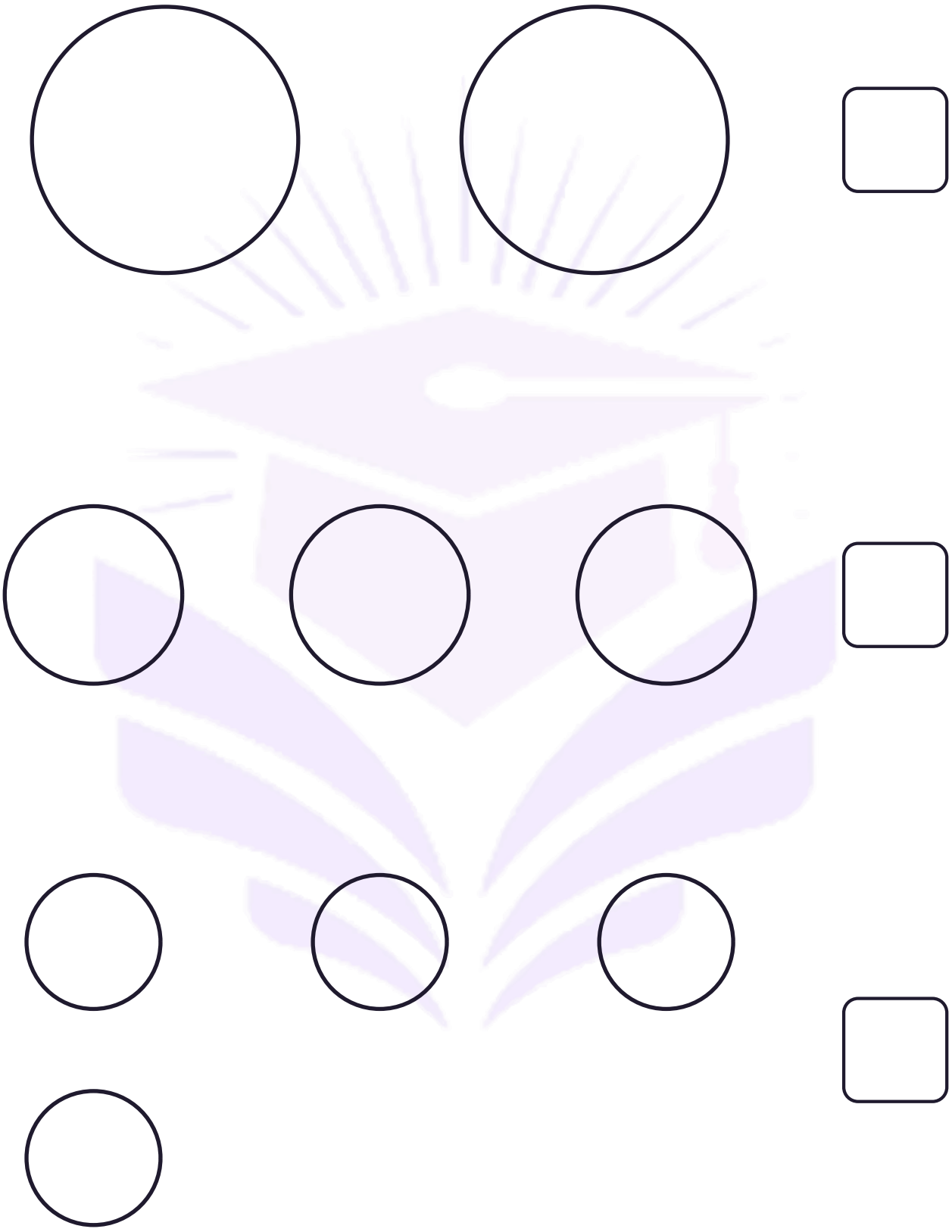
Last

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Count and write

Adult: Count each group and write the number.

Name _____ Date _____



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SPEAKING

Talk and write

Adult: Ask the question. Help your child write or draw their answer.

Name _____ Date _____

Draw your own here

What do you do after breakfast?

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Draw it

Adult: Draw your own picture about routine cards.

Name _____ Date _____

Draw your own here

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Calm breathing

Adult: Trace the star slowly: breathe in going up, out going down.

Name _____ Date _____



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ASSESSMENT

I can...

Adult: Tick what your child can do.

Name _____ Date _____

- [ ] I can say what happens in my day
- [ ] I can follow a routine
- [ ] I can put things in order
- [ ] I can tell a grown-up my favourite part of the day

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Well done!

This certificate is awarded to

_____

for finishing

Routine Cards



Signed _____ Date _____

What's next?

Sharing & Turn-Taking

Find it free at eduarchivesworksheetsandprintables.com

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