

🎉 Thank you for supporting Bright Mind Kits!

The Calm Morning System

For Neurodivergent & Gifted Kids
(Ages 5–11)

EDITABLE + PRINTABLE

**BRIGHT
MIND
KITS**



💡 Tip: Laminate your routine board and reuse with dry erase markers!

✉ Questions or feedback? Email us at brightmindkits@focusstride.com

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Bonus Usage Guide

Follow these tips to customize and implement each tool effectively for your child's unique needs.

1. Using the Visual Routine Board

- Print the board on cardstock and laminate it for durability.
- Use velcro or magnets to attach icon cards for quick swapping.
- Place it at your child's eye level in a consistent spot each morning.
- Encourage your child to move the icon/card when each task is completed.

2. Night-Before Parent Prep

- Set aside 5-10 minutes each evening to review the checklist.
- Gather all items listed and place them in designated areas.
- Adjust the next day's icons or steps based on plans (e.g., library visit).
- Involve your child by letting them choose their outfit or breakfast option.
- Use the provided Canva template link to change colors, fonts, or icons.

3. Customizing Your Kit

- In Google Docs, update text labels or add notes for individual preferences.
- Save a copy for each week or child to track progress and changes.
- Introduce one tool at a time to avoid overwhelming your child.

4. Additional Tips

- Praise and celebrate small successes to build positive associations.
- Adjust the pace based on your child's comfort and attention span.
- Reach out to support groups for creative icon or routine ideas.

Thank you for choosing Bright Mind Kits. Wishing you many calm and joyful mornings ahead!

Morning Routine Board

Icon	Routine Step	Done

example

Icon	Routine Step	Done
[Icon]	Step 1	
[Icon]	Step 2	
[Icon]	Step 3	
[Icon]	Step 4	
[Icon]	Step 5	
[Icon]	Step 6	
[Icon]	Step 7	

Editable in Canva via the link provided in your bundle. Customize icons and text to match your child's needs.

Parent Prep Checklist

Use this checklist the night before to set up a calm morning:

- [] Pack backpack: include completed homework, permission slips, water bottle.
- [] Lay out the next day's outfit (sensory-friendly if preferred).
- [] Prepare breakfast items: pre-measured cereal, cut fruit, ready-to-go smoothie.
- [] Review the morning routine board and adjust icons/steps as needed.
- [] Place necessary items by the door (shoes, jacket, mask, etc.).
- [] Set alarms or reminders on devices (phone, tablet) for each step.
- [] Create a calm space: dim lights or set a gentle sound/music playlist.
- [] Confirm any special needs or accommodations for tomorrow.
- [] Charge devices (tablet, communication devices) if used in the morning.

This checklist is part of The Calm Morning System by Bright Mind Kits.