



# SUPER KID MORNING CHECKLIST

- Use the restroom
- Wash your hands for 20 seconds  
(sing Happy Birthday 2x)
- Brush your teeth 2x a day for  
2 minutes a time
- Floss your teeth at least once a day
- Comb your hair
- Get dressed
- Make your bed
- Wash your hands for 20 seconds  
(sing Happy Birthday 2x)
- Eat breakfast
- Do your school work