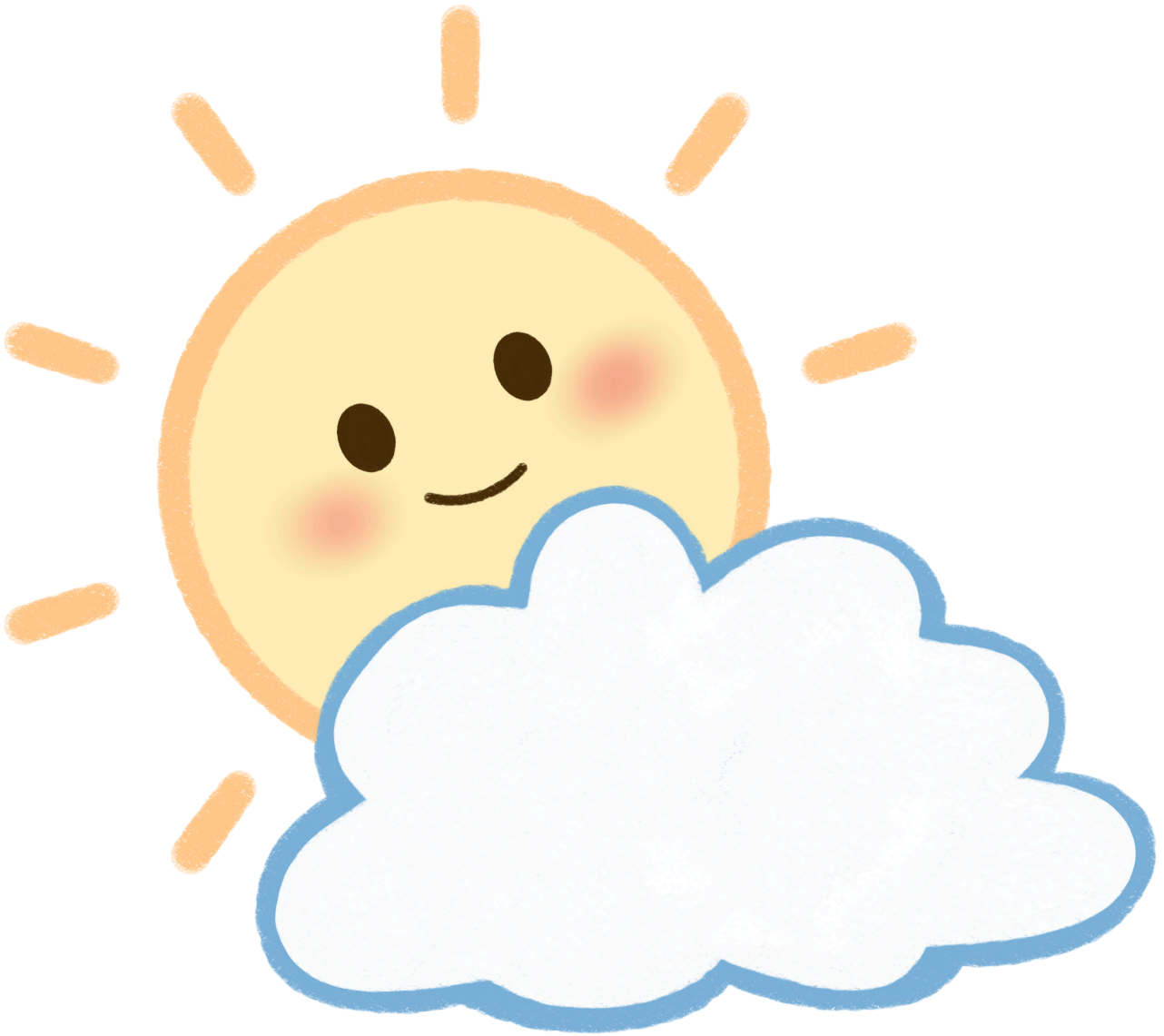




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# Morning Routine



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Every morning, I get ready for a new  
day.



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Each morning might look a little different, but there are some things I usually do in the same order.



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When I wake up, I open my eyes and get out of bed. Sometimes I might feel sleepy, but getting up helps me start my day.





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I go to the bathroom to wash my face and use the toilet. This helps me feel fresh and ready for the day. I can also brush my teeth to make sure my mouth is clean and healthy.



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Next, I choose my clothes for the day. I might need help with buttons or zippers, and that's okay. When I'm dressed, I feel ready to start my day.



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Breakfast gives me energy to feel strong and focused. I sit at the table and eat my breakfast. It could be cereal, toast, or something else I like. I might have juice or milk to drink.



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If I'm going to school or an activity, I might need to pack my bag. I make sure I have everything I need, like my lunch, books, or any supplies.



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Before I leave, I say goodbye to my family or anyone who's at home. They might say, "Have a great day!" which makes me feel happy and ready to go.



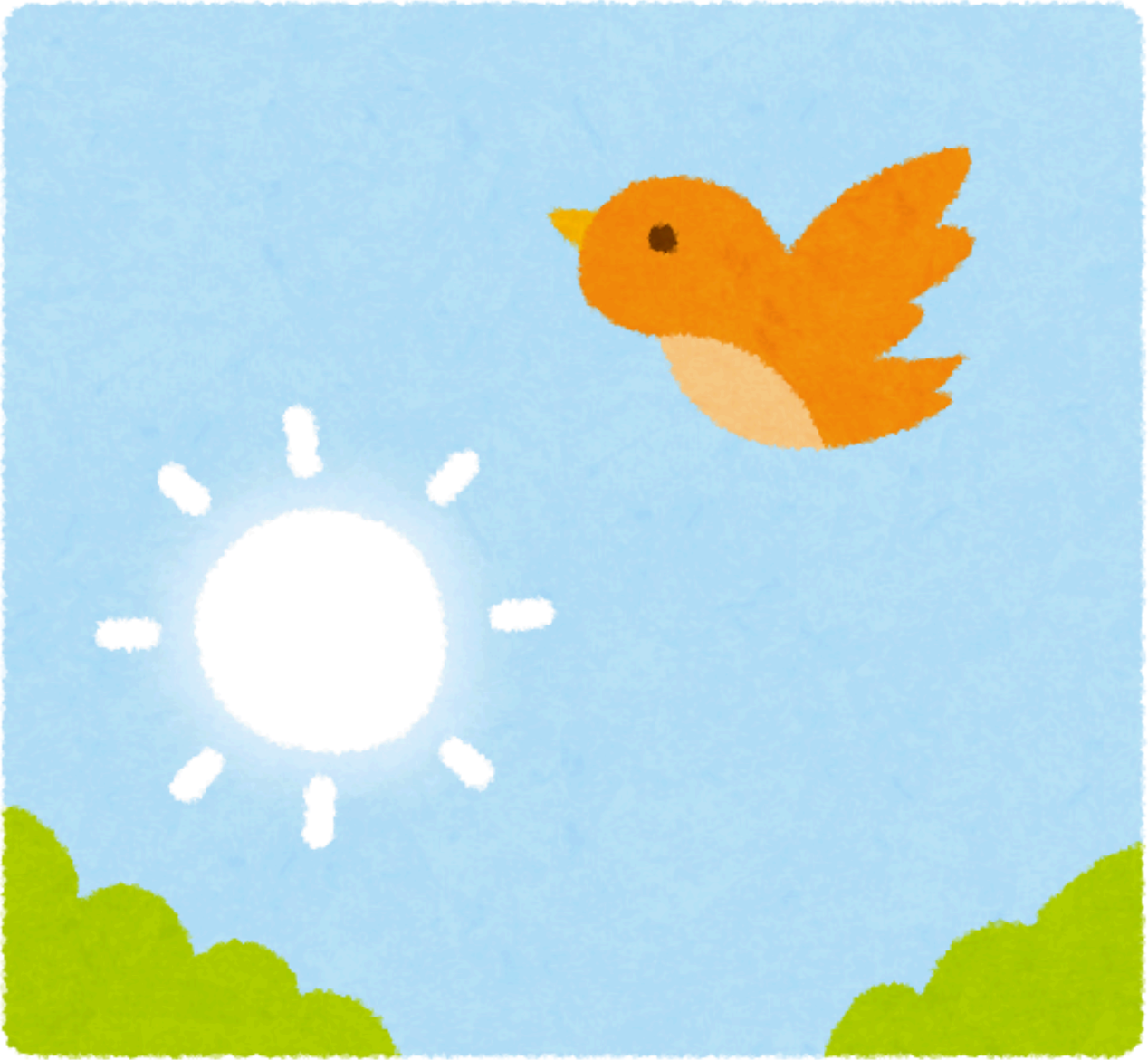
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Having a morning routine helps me feel  
prepared and calm.



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Even if things don't always go exactly as planned, I know I can always start again tomorrow. My morning routine is the first step to having a great day!