



Together Cards: Morning Routines

Watch, Talk, and Explore Together: Here are some ideas from *Daniel Tiger's Neighborhood* to help support family conversations around routines. Each card includes QR codes. Scan the code at the top of the card to watch the episode and scan the code at the bottom of the card to explore a fun activity to do together.



Every episode of *Daniel Tiger's Neighborhood* includes a strategy song to support children as they navigate big feelings or new experiences. Practice the song together so it can become a part of your daily routine.

"Daniel's Morning Routine with Grandpere"



WATCH & TALK TOGETHER

While watching, highlight special moments of routines and transitions. You might say, *"I really like how Daniel made a morning checklist with his mom and dad. The list helped Daniel and Grandpere know the routine and what comes next."* You can also talk about how Grandpere helped Margaret and how they worked together.

After watching, talk with your child about the story and listen to what they share about their favorite part or things they may have questions about. You might ask, *"Are there any parts of Daniel's morning routine that are similar to ours?"*

STRATEGY SONG

"Clothes on, eat breakfast, brush teeth, put on shoes, and off we go!"



EXPLORE TOGETHER

Make a Routine List

Using simple craft items, your family can make morning and bedtime routine checklists.



Practice Getting Ready

Play the game **Dress Up** to practice picking out different outfits with Daniel Tiger.



"Good Morning, Daniel!"



WATCH & TALK TOGETHER

In this episode, Daniel needs to get ready for school, but his playing and imagining distract him from his routine. While watching, highlight special moments of routines and transitions. You might say, *"Daniel got so busy pretending, he almost forgot to get dressed! I wonder what could help him remember what comes next?"*

After watching, talk about how Daniel learned that following his morning routine helped him be ready in time for Trolley to take him to school. You might ask, *"What happens at our house if we get distracted while getting ready in the morning? What helps us get back on track?"*

STRATEGY SONG

"Clothes on, eat breakfast, brush teeth, put on shoes, and off we go!"



EXPLORE TOGETHER

Pretend Play

Use your child's favorite figurines or stuffies to act out getting distracted during a routine, then act out getting back on track, just like Daniel did. Play is an excellent way to help your child practice routines and transitions.

Practice with a Printable

Check out the printable **It's Time for School** to help your child picture and practice each step of their morning routine.



Produced by:



Find more games and activities at pbskids.org/daniel

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