

My Sensory-Friendly Morning

A calm, flexible way to start the day. Adjust any step to fit your needs.



Gentle waking

Use a sunrise alarm or soft natural light instead of a loud alarm.

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Ease into your body

Stretch, sip water, and hold off on screens and bright overhead lights.

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Wash & dress

Wear the soft, familiar clothes you laid out the night before.

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Simple breakfast

Keep it familiar, with low-smell options if strong scents overwhelm.

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Check your plan

Glance at your visual schedule or checklist for the day ahead.

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Regulation pause

Take two minutes for deep breathing, a fidget, or quiet before you go.

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Remember: there is no perfect order or timing. Move steps around, skip what you do not need, and shorten the routine on harder days. A short, consistent start still supports regulation.

Build Your Own Routine

Draw or write each step in order, then add a sensory tip that helps you feel calm.

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Tips for a routine that lasts: keep it short and forgiving, prep what you can the night before, and change only one step at a time if it stops working. Flexibility is part of the plan, not a sign of failure.