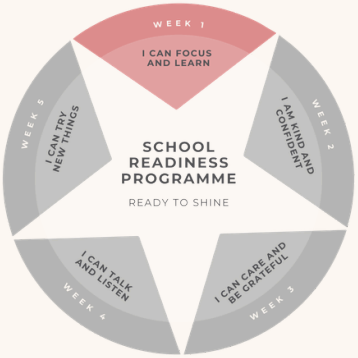
myHappymind



Calm Starts at Home



Calm Starts at Home

A calm and predictable morning helps children feel safe, confident, and ready to learn. It also supports young children in building self-regulation skills. When children know what to expect and begin the day with steady, relaxed breathing, their bodies and brains feel safe and organised.

myHappymind teaches children about Happy Breathing - this method of self-regulation helps to settle the nervous system, making it easier for children to manage big feelings, follow instructions, and transition smoothly into nursery or school. Over time, these small daily habits help children develop confidence, independence, and the ability to calm themselves when challenges arise.

We have included a Calm Starts at Home visual morning routine that you can create and personalise with your child. Keeping the steps simple and in the same order each day helps your child know what to expect and feel calm and confident. You can edit the visual timetable to suit your own morning routine, using pictures or symbols as prompts to help your child remember what comes next and start the day feeling settled and ready.

Getting Out of Bed / Waking Up

- Gently wake your child with soft light, a calm voice, or a favourite song.
- Give them time to stretch, sit up slowly, and start the day without rushing.
- A consistent wake-up time helps mornings feel easier for everyone.

Bathroom Routine

Support your child to:

- Use the toilet.
- Wash hands and face.
- Brush teeth and hair.

Getting Dressed

- Lay out clothes the night before to reduce morning stress.
- Offer two choices if needed (e.g. two tops) to support independence.
- Encourage your child to take their time and celebrate small steps.

Breakfast

- Sit together for a few minutes if possible.
- Offer a simple and consistent breakfast.
- Use the time to talk about something your child is looking forward to.

Happy Breathing

Deep, slow breathing helps children feel calm, focused, and ready for the day.

How to Practise Happy Breathing at Home:

- Encourage your child to place a hand on their tummy.
- Take a slow breath in through the nose.
- Breathe out gently through the mouth.
- Repeat 3–5 times.
- You could use a **Happy Breathing video** on the myHappymind App to support this.
- Model Happy Breathing when your child is finding things tricky.

Coat and School Bag

- Keep shoes, coat, and bag in the same place each day.
- Encourage your child to help gather their things.
- Use simple, positive reminders: “What do we need before we go?”

Off to School

- End with a calm goodbye - a hug, high-five, or short routine.
- A positive send-off helps children feel secure and ready for their day.

My Morning Routine



Getting out of bed/waking up



Bathroom - wash/toothbrush



Getting dressed



Off to school



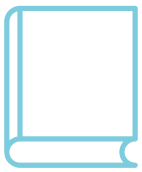
Breakfast



Happy Breathing



Coat and school bag



Reading a book



Put on uniform



Travel to Nursery



Travel to School

Grab lunchbox

Create Your Own Below:



Take medicines

If you have any questions, contact us at hello@myhappymind.org or 01625 447547.

We would love to see your completed activities!

You can share these with us over on our social media channels below:

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