

## **Steps for Morning Check-in or "Morning Circle"**

**Each morning is an opportunity to set the stage for the day. Children (and adults!) thrive when they have some routine and structure built into the day. This is even more crucial during uncertain times, and for children/teens who have special needs. Even teenagers, who may say they don't like schedules, profit from having them.**

**Research shows that starting your day with something positive can prime your whole day for positivity.**

**You can start your day on a positive note with the morning circle or morning meeting. This can be done casually**

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## **Steps for an Afternoon/Evening Check-in or "Debrief"**

**At the end of each day, it is helpful to meet as a family and  
evaluated how the schedule went**

