

When do you wake up? **BASICS**  
by WELLNESS HUB



I wake up in the morning.

When do you brush  
your teeth? **BASICS**  
by WELLNESS HUB



I brush my teeth in the  
morning after waking up.

When do you wash  
your face? **BASICS**  
by WELLNESS HUB



I wash my face in the morning.

When do you comb or  
brush your hair? **BASICS**  
by WELLNESS HUB



I comb my hair in the morning  
after washing my face.

When do you eat  
breakfast? **BASICS**  
by WELLNESS HUB



I eat breakfast in the  
morning after getting ready.

When do you put on  
your shoes? **BASICS**  
by WELLNESS HUB



I put on my shoes in the  
morning before going out.

**When do you drink water?**

**BASICS**  
by WELLNESS HUB



**I drink water in the morning when I wake up.**

**When do you check the weather?**

**BASICS**  
by WELLNESS HUB



**I check the weather in the morning to decide what to wear.**

**When do you get dressed?**

**BASICS**  
by WELLNESS HUB



**I get dressed in the morning after brushing my teeth.**

**When do you pack your school bag?**

**BASICS**  
by WELLNESS HUB



**I pack my school bag in the morning before leaving for school.**

**When do you prepare for school or work?**

**BASICS**  
by WELLNESS HUB



**I prepare for school or work in the morning after getting ready.**

**When do you check your homework?**

**BASICS**  
by WELLNESS HUB



**I check my homework in the morning before packing my bag.**

**BASICS**  
by WELLNESS HUB

**When do you feed your pets?**

**BASICS**  
by WELLNESS HUB



**I feed my pets in the morning after waking up.**

**When do you set the breakfast table?**

**BASICS**  
by WELLNESS HUB



**I set the breakfast table in the morning before eating.**

**When do you exercise or stretch?**

**BASICS**  
by WELLNESS HUB



**I exercise or stretch in the morning to wake up my body.**

**When do you water the plants?**

**BASICS**  
by WELLNESS HUB



**I water the plants in the morning when it's cooler.**

**When do you say goodbye to your family?**

**BASICS**  
by WELLNESS HUB



**I say goodbye to my family in the morning before leaving.**

**When do you leave the house?**

**BASICS**  
by WELLNESS HUB



**I leave the house in the morning to go to school or work.**

**BASICS**  
by WELLNESS HUB

**When do you usually have lunch?**

**BASICS**  
by WELLNESS HUB



**I usually have lunch in the afternoon around midday.**

**When do you take a short rest or nap?**

**BASICS**  
by WELLNESS HUB



**I take a short rest or nap in the afternoon after lunch.**

**When do you start your homework?**

**BASICS**  
by WELLNESS HUB



**I start my homework in the afternoon after school.**

**When do you take a break to play outside?**

**BASICS**  
by WELLNESS HUB



**I take a break to play outside in the afternoon after school.**

**When do you have a snack?**

**BASICS**  
by WELLNESS HUB



**I have a snack in the afternoon between lunch and dinner.**

**When do you water the plants?**

**BASICS**  
by WELLNESS HUB



**I water the plants in the afternoon when the sun is less strong.**

**BASICS**  
by WELLNESS HUB

**When do you catch up  
on your favorite hobbies?**

**BASICS**  
by WELLNESS HUB



**I catch up on my favorite hobbies  
in the afternoon or evening.**

**When do you go for a  
walk or exercise?**

**BASICS**  
by WELLNESS HUB



**I go for a walk or exercise  
in the evening when it's cooler.**

**When do you tidy up  
your room or play area?**

**BASICS**  
by WELLNESS HUB



**I tidy up my room or play area  
in the evening before bedtime.**

**When do you watch  
your favorite TV show?**

**BASICS**  
by WELLNESS HUB



**I watch my favorite TV show in  
the evening during my free time.**

**When do you read a  
book or relax?**

**BASICS**  
by WELLNESS HUB



**I read a book or relax in the  
evening before bedtime.**

**When do you help set  
the table for dinner?**

**BASICS**  
by WELLNESS HUB



**I help set the table for dinner  
in the evening before eating.**

**BASICS**  
by WELLNESS HUB

**When do you have dinner with your family?**

**BASICS**  
by WELLNESS HUB



**I have dinner with my family in the evening.**

**When do you review your schoolwork or assignments?**

**BASICS**  
by WELLNESS HUB



**I review my schoolwork or assignments in the evening before bed.**

**When do you check tomorrow's schedule?**

**BASICS**  
by WELLNESS HUB



**I check tomorrow's schedule in the evening after dinner.**

**When do you usually have dinner?**

**BASICS**  
by WELLNESS HUB



**I usually have dinner in the evening.**

**When do you see the moon?**

**BASICS**  
by WELLNESS HUB



**I see the moon at night.**

**When do you brush your teeth before bed?**

**BASICS**  
by WELLNESS HUB



**I brush my teeth before going to bed at night.**

**When do you wash your face before sleeping?**

**BASICS**  
by WELLNESS HUB



**I wash my face at night before going to bed.**

**When do you change into your pajamas?**

**BASICS**  
by WELLNESS HUB



**I change into my pajamas in the evening before bed.**

**When do you say goodnight to your family?**

**BASICS**  
by WELLNESS HUB



**I say goodnight to my family before going to bed.**

**BASICS**  
by WELLNESS HUB

**When do you set your alarm for the next morning?**

**BASICS**  
by WELLNESS HUB



**I set my alarm at night before sleeping.**

**When do you turn off the lights in your room?**

**BASICS**  
by WELLNESS HUB



**I turn off the lights at night when I'm ready to sleep.**

**When do you review your day with your family?**

**BASICS**  
by WELLNESS HUB



**I review my day with my family during dinner or before bedtime.**

**When do you drink water or milk before sleeping?**

**BASICS**  
by WELLNESS HUB



**I drink water or milk at night before bed.**

**When do you read a bedtime story?**

**BASICS**  
by WELLNESS HUB



**I read a bedtime story at night before going to sleep.**

**When do you say your prayers or meditate?**

**BASICS**  
by WELLNESS HUB



**I say my prayers or meditate at night before going to bed.**

**BASICS**  
by WELLNESS HUB

**When do you put away  
your toys or games?**

**BASICS**  
by WELLNESS HUB



**I put away my toys or games  
at night before going to bed.**

**When do you close  
the windows or lock the  
doors?**

**BASICS**  
by WELLNESS HUB



**I close the windows or lock the  
doors at night before sleeping.**

**When do you take off  
your shoes and socks?**

**BASICS**  
by WELLNESS HUB



**I take off my shoes and socks in  
the evening when I'm getting  
ready for bed.**