



Peyton's Morning Routine

- 1 Gratitude: Say “thank you for this day, I believe it is going to be a great one!”
- 2 BIG stretch to warm up my muscles
- 3 Make my to-dos fun!: I always turn on my favorite music to have some fun when I make my bed, brush my teeth and put on my clothes for the day. I even dance a little with my
- 4 Let my dogs outside and have my breakfast
- 5 Read, journal or do classwork before I head to school for the day!



