



Leo's Bright Morning Routine

Paul Andrew



Soft morning light filters into Leo's cozy bedroom, where he nestles warm and comfortably under his fluffy blankets. Resting peacefully until seven in the morning gives his mind and body the perfect start he needs for the day ahead. Outside his window, tiny birds begin to sing as the sun slowly paints the sky.



At seven o'clock sharp, a friendly staff member gently knocks on Leo's bedroom door and offers a warm morning greeting. Leo stretches his arms wide, opens his eyes with a smile, and feels ready to welcome the bright new day.



Now that seven o'clock has arrived, Leo receives his TV remote and settles back into his cozy pillows to watch a short Netflix show. The gentle colors and familiar characters help his mind wake up slowly and comfortably.



By half-past seven, it is time to transition into the morning routine so Leo can get ready for school. With encouraging words from staff, Leo sits up in bed and prepares to take his first steps toward getting ready.



In the bright kitchen, Leo sits down to enjoy a fresh and tasty breakfast. Each bite gives him plenty of energy for all the learning, playing, and fun activities waiting for him at school.



After eating, Leo heads over to wash his face, brush his teeth until they sparkle, and put on his neat school clothes. Step by step, his morning schedule comes together beautifully with gentle guidance along the way.



Leo thinks about watching YouTube or playing on his Xbox, but he remembers that video games are best saved for after school. Staying focused on his routine helps him stay calm, organized, and super proud of his choices.



At eight o'clock, it is time for Leo's morning medication to help him stay healthy and focused. The staff carefully uses a special medication crusher to mix the fine powder into a bowl of sweet strawberry mousse.



Leo happily eats the delicious fruit mousse, scraping every last spoon of sweet goodness from the bottom of the colorful bowl. Eating all of his mousse shows that he has taken his medicine successfully.



Fully dressed, well-fed, and ready to go, Leo puts on his backpack with a proud smile on his face. He bids a cheerful goodbye to the staff, completely prepared and excited for a fantastic day at school.