



## RISE AND SHINE

How do you get ready for preschool in the morning?  
Have fun talking about your routines with this board game!



**HOW TO PLAY:** Children can play this game with a parent, sibling or friend. Each player starts with a marker (anything small and light, like an eraser) on the bottom of the board and takes turns to flick it up. When a player's marker lands in a hexagon, colour it in and elaborate on the action (e.g., "I wake up at seven o'clock" or "Mama walks you to school"). The one with the most coloured hexagons wins.

### ➔ Hey Parents!

Having a consistent routine sets children up for a good day. It provides them with a sense of stability, security and comfort. This game is a fun way for children to know what to expect before leaving for preschool. Coupled with their growing independence and self-help skills, they eventually learn to get ready on their own.

