

Look at the morning actions. Put a  $(\sqrt{\ })$  in the yes column or a (X) in the no column.

Activity	Yes (√)	No (X)
I wake up at 8 o'clock		
I have breakfast	     	
I brush my teeth	 	
I wash my face	     	
I brush my hair	     	
I get dressed	     	
I watch youtube videos	   	
I go to school	       	

Repeat the actions with  $(\sqrt{\ })$  10 times. Now, trying repeating them without looking!

