



Morning & Bedtime Routine Chart

Picture steps for ages 3 to 6. Check each one as you go.

Name _____

Week of _____

☀ Morning			🌙 Bedtime		
	Use the toilet	☐		Toys away	☐
	Wash my hands	☐		Bath time	☐
	Get dressed	☐		Pajamas on	☐
	Eat breakfast	☐		Brush my teeth	☐
	Brush my teeth	☐		Use the toilet	☐
	Shoes on	☐		A drink of water	☐
	Grab my backpack	☐		Story time	☐
	Wave goodbye	☐		Lights out	☐
		☐			☐

Whole routine done

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	☐	☐	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐	☐	☐

Circle the day when every step is done. Draw your own step in the empty row. Tomorrow starts fresh.



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