



# Morning & Bedtime Routine Chart

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

Name \_\_\_\_\_

Week of \_\_\_\_\_

| Morning |                  |                          |
|---------|------------------|--------------------------|
|         | Use the toilet   | <input type="checkbox"/> |
|         | Wash my hands    | <input type="checkbox"/> |
|         | Get dressed      | <input type="checkbox"/> |
|         | Eat breakfast    | <input type="checkbox"/> |
|         | Brush my teeth   | <input type="checkbox"/> |
|         | Shoes on         | <input type="checkbox"/> |
|         | Grab my backpack | <input type="checkbox"/> |
|         | Wave goodbye     | <input type="checkbox"/> |
|         |                  | <input type="checkbox"/> |

| Bedtime |                  |                          |
|---------|------------------|--------------------------|
|         | Toys away        | <input type="checkbox"/> |
|         | Bath time        | <input type="checkbox"/> |
|         | Pajamas on       | <input type="checkbox"/> |
|         | Brush my teeth   | <input type="checkbox"/> |
|         | Use the toilet   | <input type="checkbox"/> |
|         | A drink of water | <input type="checkbox"/> |
|         | Story time       | <input type="checkbox"/> |
|         | Lights out       | <input type="checkbox"/> |
|         |                  | <input type="checkbox"/> |

Whole routine done

|         | Mon                      | Tue                      | Wed                      | Thu                      | Fri                      | Sat                      | Sun                      |
|---------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Morning | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bedtime | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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



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