



Morning & Bedtime Routine Chart

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

Name _____

Week of _____

Morning		
	Use the toilet	☐
	Wash my hands	☐
	Get dressed	☐
	Eat breakfast	☐
	Brush my teeth	☐
	Shoes on	☐
	Grab my backpack	☐
	Wave goodbye	☐
		☐

Bedtime		
	Toys away	☐
	Bath time	☐
	Pajamas on	☐
	Brush my teeth	☐
	Use the toilet	☐
	A drink of water	☐
	Story time	☐
	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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