My Bedtime Routine

Ages 4–7 · tick a box for each step

Name: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
🧸 Tidy my toys	☐	☐	☐	☐	☐	☐	☐
🛁 Bath or shower	☐	☐	☐	☐	☐	☐	☐
🌙 Pajamas on	☐	☐	☐	☐	☐	☐	☐
🪥 Brush teeth	☐	☐	☐	☐	☐	☐	☐
👚 Lay out tomorrow's clothes	☐	☐	☐	☐	☐	☐	☐
📚 Read a book	☐	☐	☐	☐	☐	☐	☐
🤗 Hugs & goodnight	☐	☐	☐	☐	☐	☐	☐
💤 Lights out	☐	☐	☐	☐	☐	☐	☐

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