

Name _____

Bedtime Routine

Look at the list of bedtime activities. Put a check mark next to the activities that you will include in your bedtime routine. Mark the boxes at the bottom for each night you complete your routine.

- Have a snack
- Take a shower or bath
- Put on pajamas
- Comb hair
- Brush teeth
- Read quietly
- Say good night
- Draw or color a picture
- Lay out clothes for morning
- Wash hands and face
- Listen to a story
- Do a puzzle
- Listen to calm music
- Lights out

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

