

MY ROUTINES

Morning routine

Tick each picture when it is done.

NAME _____ WEEK OF _____

	M	T	W	T	F	S	S
 Wake up	☐	☐	☐	☐	☐	☐	☐
 Toilet	☐	☐	☐	☐	☐	☐	☐
 Wash hands and face	☐	☐	☐	☐	☐	☐	☐
 Get dressed	☐	☐	☐	☐	☐	☐	☐
 Breakfast	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Brush hair	☐	☐	☐	☐	☐	☐	☐
 Pack my bag	☐	☐	☐	☐	☐	☐	☐
 Shoes and coat	☐	☐	☐	☐	☐	☐	☐

MY ROUTINES

Bedtime routine

Calm, slow and the same every night.

NAME _____ WEEK OF _____

	M	T	W	T	F	S	S
 Screens off	☐	☐	☐	☐	☐	☐	☐
 Bath	☐	☐	☐	☐	☐	☐	☐
 Pyjamas on	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Toilet	☐	☐	☐	☐	☐	☐	☐
 Sip of water	☐	☐	☐	☐	☐	☐	☐
 Read a book	☐	☐	☐	☐	☐	☐	☐
 Hug and goodnight	☐	☐	☐	☐	☐	☐	☐
 Lights out	☐	☐	☐	☐	☐	☐	☐

MY ROUTINES

Morning checklist

For older kids who prefer words to pictures.

NAME _____ LEAVE THE HOUSE AT _____

- ☐ Alarm off and up
- ☐ Wash and toilet
- ☐ Dressed
- ☐ Breakfast
- ☐ Teeth and hair
- ☐ Bag packed (check the timetable)
- ☐ Phone, keys, bus pass
- ☐ Water bottle and lunch
- ☐ Out the door on time

What I always forget (and where I will put it the night before):
