My Bedtime Routine

Name: _____ Date: _____

1



Eat dinner

☐

2



Put my toys away

☐

3



Take a bath

☐

4



Put on my pajamas

☐

5



Brush my teeth

☐

6



Go to the bathroom

☐

7



Wash my hands

☐

8



Read a book

☐

9



Go to bed

☐

Check each box when it's done. Tip: laminate it and use a dry-erase marker to reuse it every night.

Make your own in Day2Day: Visual Schedule

Your own photos, your voice reading each step aloud, and rewards.
For iPhone, iPad & Android · Made by Purple Duckling · **purpleduckling.com**

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