

Name \_\_\_\_\_

# Bedtime Routine

Create your own custom bedtime routine! Cut out the healthy choices you would like to make before bedtime. In the blank squares, arrange and glue your choices in the order you wish to complete them each night. At the bottom of the page, mark off each night you follow your bedtime routine.

<b>Step 1 goes here!</b>	<b>Step 2 goes here!</b>	<b>Step 3 goes here!</b>	<b>Step 4 goes here!</b>	<b>Step 5 goes here!</b>
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**Did you complete your bedtime routine?**

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Name \_\_\_\_\_



<b>Comb your hair</b> 	<b>Eat a snack</b> 	<b>Use the bathroom</b> 	<b>Listen to music</b> 	<b>Take a bath</b> 
<b>Read a story</b> 	<b>Put on PJs</b> 	<b>Journal or draw</b> 	<b>Brush your teeth</b> 	<b>Set an alarm</b> 
<b>Turn off the lights</b> 	<b>Turn off devices</b> 	<b>Do a puzzle</b> 	<b>Say good night</b> 	

Make your own!

