

Name _____

Bedtime Routine

A nightly bedtime routine helps you sleep better and recharge your energy. Put an **X** next to the activities that you will include in your bedtime routine. At the bottom of the page, mark each night you follow your bedtime routine with a ✓.

- | | |
|---|---|
| <input type="checkbox"/> Have a snack | <input type="checkbox"/> Draw or color |
| <input type="checkbox"/> Take a shower or bath | <input type="checkbox"/> Lay out clothes |
| <input type="checkbox"/> Put on pajamas | <input type="checkbox"/> Wash hands and face |
| <input type="checkbox"/> Comb hair | <input type="checkbox"/> Listen to a story |
| <input type="checkbox"/> Brush teeth | <input type="checkbox"/> Do a puzzle |
| <input type="checkbox"/> Read quietly | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> Say good night | <input type="checkbox"/> Lights out |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday