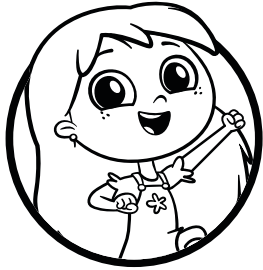




# Bedtime Routine Chart

Having sweet dreams starts with a bedtime routine! Make a chart to keep track of the things you do before going to bed.



Use the boxes on the second page to draw or write the tasks in your bedtime routine. Next, cut them out and glue them in order on the numbered column of the chart. You can then use the other column to check items off as you complete your routine.

	✓
1	<input type="checkbox"/>
2	<input type="checkbox"/>
3	<input type="checkbox"/>
4	<input type="checkbox"/>
5	<input type="checkbox"/>

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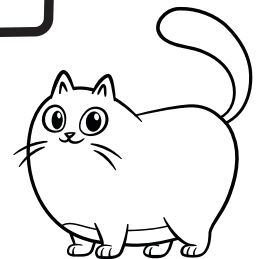
# Bedtime Routine Chart

What do you do before bedtime? Write or draw the different steps of your bedtime routine in the boxes below. When you're done, cut them out and glue them in order on the numbered column of the chart.

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### Fun tip:

You can use a plastic sheet protector to make the chart reusable! To do this, place the chart inside a plastic sheet protector (or cover the paper in packing tape!) and use a dry-erase marker to make your checkmarks. Wipe them away and use the chart again and again.



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