

My morning routine

Color a star or add a sticker for each step you finish!



Name: _____



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Get out of bed	☐	☐	☐	☐	☐	☐	☐
2 Get dressed	☐	☐	☐	☐	☐	☐	☐
3 Eat breakfast	☐	☐	☐	☐	☐	☐	☐
4 Brush my teeth	☐	☐	☐	☐	☐	☐	☐
5 Make my bed	☐	☐	☐	☐	☐	☐	☐
6 Pack my bag	☐	☐	☐	☐	☐	☐	☐
7 Shoes and coat on	☐	☐	☐	☐	☐	☐	☐

★ When I collect _____ stars, I earn: _____

Tip for parents: keep it fun, not a test. Praise the effort, and change the steps as your child grows.

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My evening routine

Calm steps for a good night's sleep.



Name: _____



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Tidy up my toys	☐	☐	☐	☐	☐	☐	☐
2 Bath or shower	☐	☐	☐	☐	☐	☐	☐
3 Put on pajamas	☐	☐	☐	☐	☐	☐	☐
4 Brush my teeth	☐	☐	☐	☐	☐	☐	☐
5 Get my clothes ready	☐	☐	☐	☐	☐	☐	☐
6 Story time	☐	☐	☐	☐	☐	☐	☐
7 Lights out	☐	☐	☐	☐	☐	☐	☐

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My own routine

Write or draw your own steps with a grown-up.



Name: _____



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 _____	☐	☐	☐	☐	☐	☐	☐
2 _____	☐	☐	☐	☐	☐	☐	☐
3 _____	☐	☐	☐	☐	☐	☐	☐
4 _____	☐	☐	☐	☐	☐	☐	☐
5 _____	☐	☐	☐	☐	☐	☐	☐
6 _____	☐	☐	☐	☐	☐	☐	☐
7 _____	☐	☐	☐	☐	☐	☐	☐

★ When I collect _____ stars, I earn: _____

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