

Morning and evening routine chart

Put the steps of your mornings and evenings in order with your child, then check each one off as it gets done.

Morning

	M	T	W	T	F	S	S
 Wake up	☐	☐	☐	☐	☐	☐	☐
 Use the toilet	☐	☐	☐	☐	☐	☐	☐
 Get dressed	☐	☐	☐	☐	☐	☐	☐
 Eat breakfast	☐	☐	☐	☐	☐	☐	☐
 Brush teeth, wash face	☐	☐	☐	☐	☐	☐	☐
 Pack your bag	☐	☐	☐	☐	☐	☐	☐
 Shoes on, ready to go	☐	☐	☐	☐	☐	☐	☐
Your own step	☐	☐	☐	☐	☐	☐	☐

Evening

	M	T	W	T	F	S	S
 Clean up toys	☐	☐	☐	☐	☐	☐	☐
 Bath or shower	☐	☐	☐	☐	☐	☐	☐
 Pajamas on	☐	☐	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐	☐	☐
 Use the toilet	☐	☐	☐	☐	☐	☐	☐
 Read a book together	☐	☐	☐	☐	☐	☐	☐
 Lights out	☐	☐	☐	☐	☐	☐	☐
Your own step	☐	☐	☐	☐	☐	☐	☐

Hang it at your child's eye level. Let your child check each box or add a sticker, and say what you saw: "You put your pajamas on all by yourself!"