

Bedtime Routine

After completing each bedtime task mark it below



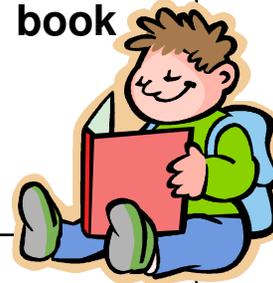
**Brush
your
teeth**

**Use the
toilet**



**Wash your
hands /
Take a
bath**

**Read a
book**



Lights out



**Stay in
bed until
morning**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday