My Bedtime Routine

Do each step, then check a box. Add your own steps at the end!

		Day 1	2	3	4	5	6	7
1	 Take a bath	☐	☐	☐	☐	☐	☐	☐
2	 Put on pajamas	☐	☐	☐	☐	☐	☐	☐
3	 Brush teeth	☐	☐	☐	☐	☐	☐	☐
4	 Read a book	☐	☐	☐	☐	☐	☐	☐
5	 Lights out	☐	☐	☐	☐	☐	☐	☐
6		_____	☐	☐	☐	☐	☐	☐
7		_____	☐	☐	☐	☐	☐	☐
8		_____	☐	☐	☐	☐	☐	☐



With Peko Pal, kids print pages like this themselves.

A screen-free first device, before the phone. pekopal.com

Bedtime Step Cards

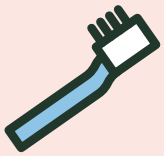
Cut out a card and tape it over a picture box, or in an empty one.



Take a bath



Put on pajamas



Brush teeth



Read a book



Lights out



Tidy up toys



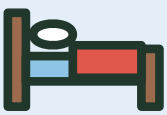
Pick tomorrow's clothes



Drink some water



Hug goodnight



Get into bed



Say goodnight

Draw and write your own

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