

Good Night
Sleep Tight!

B E D T I M E
ROUTINE CHART

EDITABLE!

Graphics By:

Poppydreamz Digital Art: <http://www.teacherspayteachers.com/Store/PoppyDreamzDigitalArt>

Teaching Super Power: <https://www.teacherspayteachers.com/Store/Teaching-Super-Power>

Krista Wallden: <https://www.teacherspayteachers.com/Store/Krista-Wallden>

Pretty Grafik Design: <https://www.etsy.com/shop/Prettygrafikdesign>

ToolsToGrowOT.com



B E D T I M E

ROUTINE CHART



EDIT/TYPE IN YOUR CHILD'S NAME:

- Download and save PDF to your device.
- Open PDF in Adobe.
- TYPE into PDF your child's name at the top of the routine chart.

PRINT INSTRUCTIONS:

- ☒ Print Blank Bed Time Routine Chart: You can select from two different versions:
 - with boxes to check off
 - without boxes to check off
- ☒ Print Chart Items: There is one page of picture daily chores (with blank - make your own). Boy and Girl Versions included!
 - Choose the appropriate routine pictures for your child/family.
 - Cut out each rectangular routine picture that you will be using.
 - A maximum of 6 routine pictures can fit onto the blank chore chart.

ASSEMBLY INSTRUCTIONS: You can then assemble your routine chart in two different ways:

OPTION 1: This option does not allow for flexibility in re-arranging the sequence for completing the bed time routine items.

- Arrange the chore pictures on the blank bed time routine chore chart in the order you expect your child to complete the tasks.
- You may wish to laminate the entire chart (with the pictures attached).

OPTION 2: This option allows for more flexibility if the sequence of your child's bed time routine changes.

- Laminate the blank bed time routine chart.
- Laminate the desired chart pictures.
- Use Velcro or securely tape each chart picture onto the blank bed time routine chart in the order you prefer.
- If using option 2, your child can remove the pictures as the task is completed.

- ☒ If you chose the bed time routine chart with boxes to check off, your child should use a dry erase marker or marker/crayon to place a check as each task is completed.



B E D T I M E

ROUTINE CHART

1

2

3

4

5

6

☐☐☐☐☐☐



B E D T I M E

ROUTINE CHART

1

2

3

4

5

6

B E D T I M E ROUTINE CHART ITEMS

Choose the appropriate items for your child/family

GIRL
VERSION

**BRUSH
TEETH**



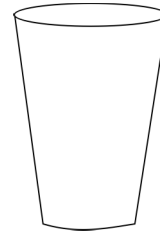
**WASH
HANDS**



**BRUSH
HAIR**



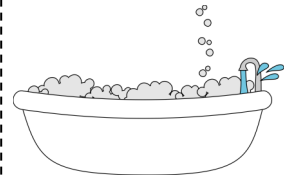
**WATER/
DRINK**



**READ
BOOK**



**BATH/
SHOWER**



**POTTY &
WASH
HANDS**



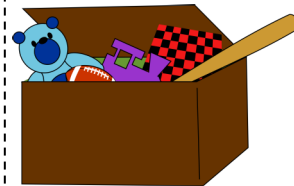
**PAJAMAS
ON**



**SLEEP
TIME**



**PICK UP
TOYS**



B E D T I M E ROUTINE CHART ITEMS

Choose the appropriate items for your child/family

BOY
VERSION

**BRUSH
TEETH**



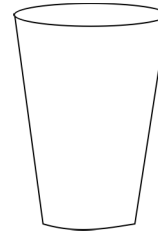
**WASH
HANDS**



**BRUSH
HAIR**



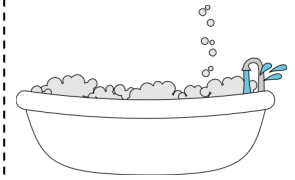
**WATER/
DRINK**



**READ
BOOK**



**BATH/
SHOWER**



POTTY



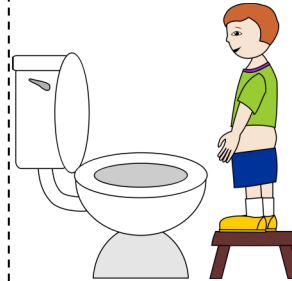
**PAJAMAS
ON**



**SLEEP
TIME**



POTTY



**PICK UP
TOYS**

