

BEDTIME ROUTINE Chart

HOW TO MAKE

- 1** **Print** pages 3 and 4. On page 4, the Bedtime Routine Template, fold the paper on the two solid lines. Next, cut along the dotted lines until you reach the solid line.



- 3** **Print** pages 5 and 6, the Bedtime Routine Activities pages. Cut out the routine activities you would like to use. Open the flaps and glue the routine task cards in the centre between the solid lines.



- 2** **Paste** the Bedtime Routine Template on Page 3, the Bedtime Routine Title, in the space provided. Do not glue the pre-cut flaps. The larger flaps should be on the bottom.



- 4** **Print** page 7, the Bedtime Routine Elements, and cut along the dotted lines. Close your flaps with the top flap overlapping the bottom. Glue the word DONE on the bottom flap. Glue the circle illustrations on the top flap.



Now you are ready to use your Bedtime Routine Chart!

Start with your flaps down and when you complete an activity, secure the flap with the tabs.



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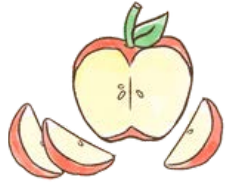


My BEDTIME ROUTINE

GLUE BEDTIME ROUTINE TEMPLATE HERE

BEDTIME ROUTINE ACTIVITIES

HAVE A
SNACK



HELP
TIDY UP



HAVE A BATH
OR SHOWER



SAY WHAT
YOU ARE
GRATEFUL
FOR



GIVE
HUGS



PUT DIRTY
CLOTHES
IN LAUNDRY
BASKET



CHOOSE
MORNING
CLOTHES



PACK
RUCKSACK
FOR
TOMORROW



BRUSH
TEETH



SING A
SONG



BEDTIME ROUTINE ACTIVITIES

WRITE IN
A
JOURNAL



PUT
PAJAMAS
ON



READ A
BOOK



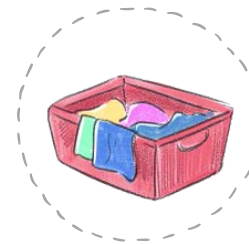
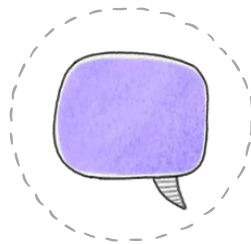
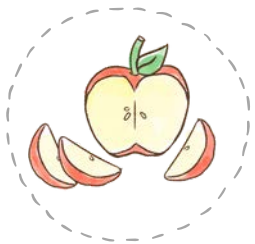
TALK ABOUT
HIGHS AND
LOWS



HAVE A
STORY
TIME



MORNING ROUTINE ELEMENTS



DONE

DONE

DONE



DONE

DONE

DONE

DONE

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