

My bedtime routine

Ages 3–5

Name _____

Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Toys in the basket							
 Bath (bath nights)							
 Pajamas on							
 Brush teeth (with a grown-up)							
 Toilet and water							
 Story							
 Lights out, goodnight song							

Put the chart where the routine happens and point at it instead of calling out each step.





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Grown-ups: try the Habibee app. Kids earn honey for their tasks and trade it for rewards.

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My bedtime routine

Ages 6–8

Name _____

Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Clothes in the hamper							
Tomorrow's clothes on the chair							
School bag by the door							
Wash and pajamas							
Brush teeth							
Read							
Five slow breaths, lights out							

Put the chart where the routine happens and point at it instead of calling out each step.



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My bedtime routine

Ages 9–12

Name _____

Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Bag and lunch ready	○	○	○	○	○	○	○
 Shower	○	○	○	○	○	○	○
 Floss and brush	○	○	○	○	○	○	○
 Devices charging outside the room	○	○	○	○	○	○	○
 Read	○	○	○	○	○	○	○
 In bed by _____	○	○	○	○	○	○	○

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