

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.





habibee.app

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

Pictures: Fluent Emoji by Microsoft (MIT license)



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.





habibee.app

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

Pictures: Fluent Emoji by Microsoft (MIT license)



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 _____							

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





habibee.app

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

Pictures: Fluent Emoji by Microsoft (MIT license)