



My Bedtime Routine



Same steps, same order, every night · color in a circle for each one you finish

Name:

Bedtime:

Mon

Tue

Wed

Thu

Fri

Sat

Sun



Bath time



Pajamas on



Brush teeth



Story time



Turn on sleep sounds



Lights out — goodnight



Tonight's story: _____ Sound: _____

(let them pick both — choosing is half the reason it works)