Morning and bedtime routine

Same steps, same order, every day. Tick each step when it is done.

Child _____

Week of _____

Morning	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1  toilet	☐	☐	☐	☐	☐	☐	☐
2  wash	☐	☐	☐	☐	☐	☐	☐
3  get dressed	☐	☐	☐	☐	☐	☐	☐
4  breakfast	☐	☐	☐	☐	☐	☐	☐
5  brush teeth	☐	☐	☐	☐	☐	☐	☐
6  shoes and bag	☐	☐	☐	☐	☐	☐	☐
7 your own step	☐	☐	☐	☐	☐	☐	☐

Bedtime	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1  bath	☐	☐	☐	☐	☐	☐	☐
2  pyjamas	☐	☐	☐	☐	☐	☐	☐
3  brush teeth	☐	☐	☐	☐	☐	☐	☐
4  toilet	☐	☐	☐	☐	☐	☐	☐
5  book	☐	☐	☐	☐	☐	☐	☐
6  lights off	☐	☐	☐	☐	☐	☐	☐
7 your own step	☐	☐	☐	☐	☐	☐	☐

What helped this week

Point to the next picture instead of repeating the words. One small change at a time.