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.