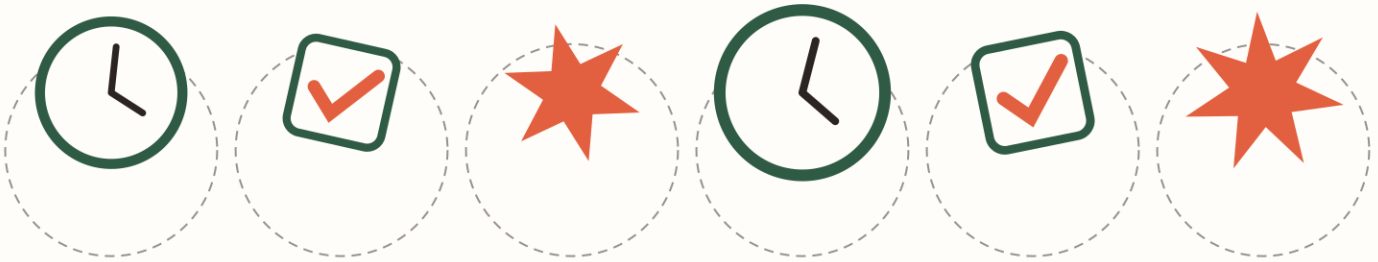
Kids Visual Morning & Bedtime Routine Checklist Chart

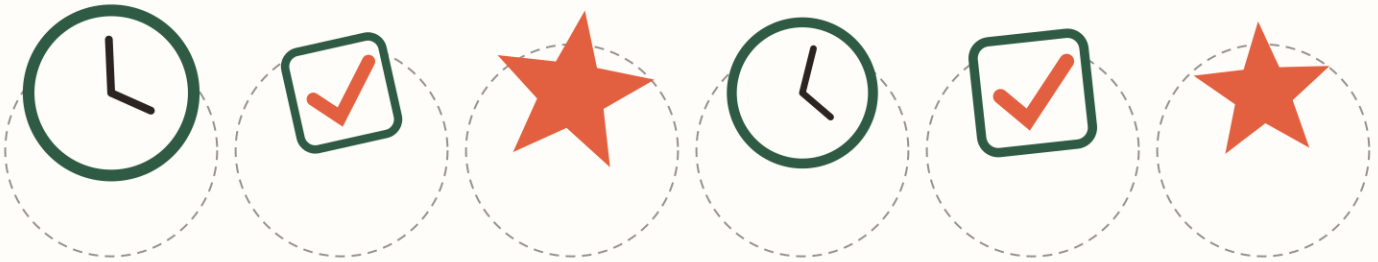
ARCTIC EXPLORER & PINE EDITION

Morning



Dress | Wake up | Breakfast | Bag | Toilet | Teeth

Bedtime



Cuddle | Water | Pyjamas | Lights out | Story | Bath

Kids Visual Morning & Bedtime Routine Checklist Chart

ARCTIC EXPLORER & PINE EDITION

	1	2	3	4	5	6	7
Bed	●	●	●	●	●	●	●
Story	○	○	○	○	○	○	○
Dress	●	●	●	●	●	●	●
Bag	○	○	○	○	○	○	○
Bath	●	●	●	●	●	●	●
Wake up	○	○	○	○	○	○	○
Teeth	●	●	●	●	●	●	●
Breakfast	○	○	○	○	○	○	○