# Kids Visual Morning & Bedtime Routine Checklist Chart

RAINBOW SUNBURST & CLOUD EDITION

## MORNING



Breakfast | Hug | Toilet | Dress | Teeth | Shoes

## BEDTIME



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

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RAINBOW SUNBURST & CLOUD EDITION

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