My bedtime routine



Step	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bath or wash up	☐	☐	☐	☐	☐	☐	☐
Pajamas on	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
Bathroom	☐	☐	☐	☐	☐	☐	☐
Pick a book	☐	☐	☐	☐	☐	☐	☐
Story time	☐	☐	☐	☐	☐	☐	☐
Cuddle and lights out	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

Check a box after each step. A full row earns a big Lumi cheer!

For personal and classroom use.