



Morning and Bedtime Routine Chart

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!

My Jobs To Do...

Today is



Morning



Bedtime



Make Bed



Bath and PJs



Get Dressed



Brush Teeth



Comb Hair



Clean Room



Eat Breakfast



Story Time



Brush Teeth



Bedtime



Give a Hug



Good Night