

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

- [ ] Make Bed
- [ ] Get Dressed
- [ ] Comb Hair
- [ ] Eat Breakfast
- [ ] Brush Teeth
- [ ] Give a Hug

Bedtime

- [ ] Bath and PJs
- [ ] Brush Teeth
- [ ] Clean Room
- [ ] Story Time
- [ ] Bedtime
- [ ] Good Night