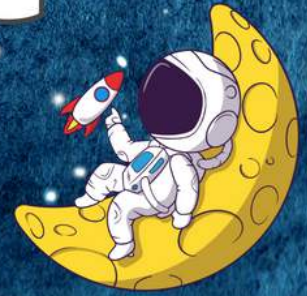


MY EVENING ROUTINE



1

BRUSH
TEETH



2

BATH



3

4

5

6

FREE DOWNLOAD

Getting Ready for Bed.



EDITABLE

GIRL'S VERSION - EVENING/BEDTIME ROUTINE CARDS

Cut out the bedtime routine cards that match your child's evening steps, and glue them onto the chart below in the order that works best for your family.

TOILET



BATHROOM



WASH
HANDS



BRUSH
TEETH



BATH



SHOWER



WASH
FACE



BRUSH
HAIR



PY JAMAS



PAJAMAS



SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

1 WWW.SOCIALWORKERSTOOLBOX.COM



2 WWW.ANXIETYHELPBOX.COM




3 WWW.FEELINGSHELPBOX.COM



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MY EVENING ROUTINE



1	2	3	4	5	6
BRUSH TEETH 	BATH 				
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

www.SocialWorkersToolbox.com

GLUE THE PICTURES ONTO THE CHART, OR LAMINATE
AND ATTACH THEM WITH VELCRO OR BLU TACK.

IF USING THE TICK BOX VERSION, THE CHILD ADDS
A TICK AFTER EACH TASK IS DONE.

GIRL'S VERSION – EVENING/BEDTIME ROUTINE CARDS

Cut out the bedtime routine cards that match your child's evening steps, and glue them onto the chart below in the order that works best for your family.

TOILET



BATHROOM



WASH
HANDS



BRUSH
TEETH



BATH



SHOWER



WASH
FACE



BRUSH
HAIR



PYJAMAS



PAJAMAS



GIRL'S VERSION – EVENING/BEDTIME ROUTINE CARDS

**CLOTHES
AWAY**



READ



**CHOOSE
CLOTHES**



**CUDDLE
TOY**



**QUIET
TIME**



MUSIC



PACK BAG



**PACK
BACKPACK**



STORY



**TALK
ABOUT DAY**



GIRL'S VERSION – EVENING/BEDTIME ROUTINE CARDS

GRATEFUL
TIME



NIGHT
LIGHT



SAY
GOODNIGHT



SCREENS
OFF



WATER



TIDY TOYS



MINDFUL
MOMENT



MILK



SLEEP



GET IN
BED

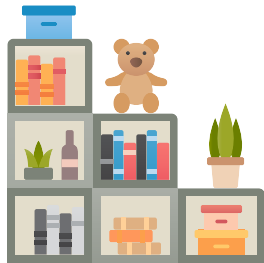


GIRL'S VERSION – EVENING/BEDTIME ROUTINE CARDS

EVENING
MEAL



PUT BOOKS
AWAY



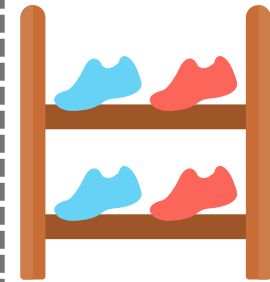
CLEAR
TABLE



FEED PET



PUT SHOES
AWAY



HUG



SNACK



FAMILY
CHAT



SET
ALARM

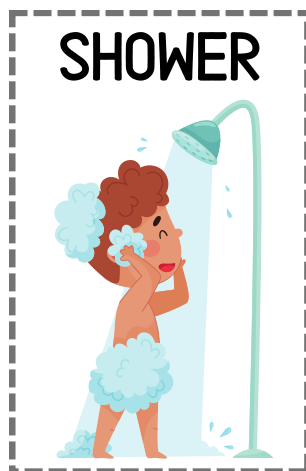
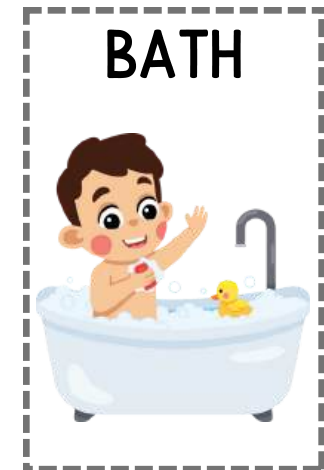


DRAW
FEELINGS



BOY'S VERSION – EVENING/BEDTIME ROUTINE CARDS

Cut out the bedtime routine cards that match your child's evening steps, and glue them onto the chart below in the order that works best for your family.



BOY'S VERSION – EVENING/BEDTIME ROUTINE CARDS

CLOTHES
AWAY



READ



CHOOSE
CLOTHES



CUDDLE
TOY



QUIET
TIME



MUSIC



PACK BAG



PACK
BACKPACK



STORY



TALK
ABOUT DAY



BOY'S VERSION – EVENING/BEDTIME ROUTINE CARDS

GRATEFUL
TIME



NIGHT
LIGHT



SAY
GOODNIGHT



SCREENS
OFF



WATER



TIDY TOYS



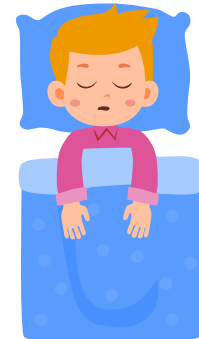
MINDFUL
MOMENT



MILK



SLEEP

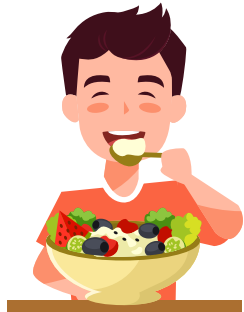


GET IN
BED

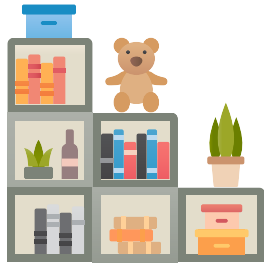


BOY'S VERSION – EVENING/BEDTIME ROUTINE CARDS

EVENING
MEAL



PUT BOOKS
AWAY



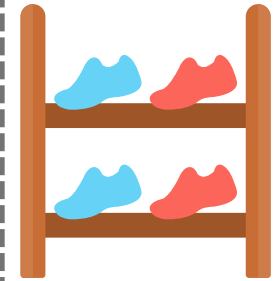
CLEAR
TABLE



FEED PET



PUT SHOES
AWAY



HUG



SNACK



FAMILY
CHAT



SET
ALARM



DRAW
FEELINGS





My Bedtime Steps



--	--	--	--	--	--



My Bedtime Steps

1

2

3

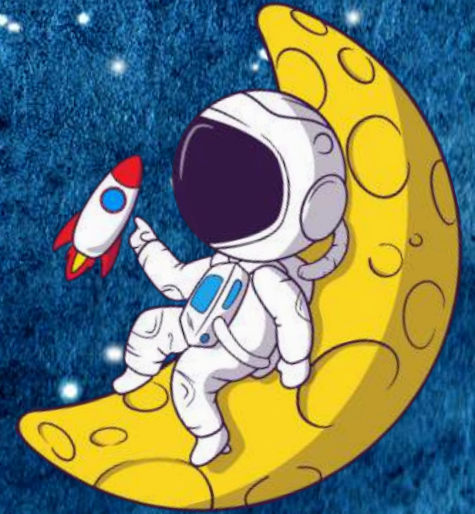
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5

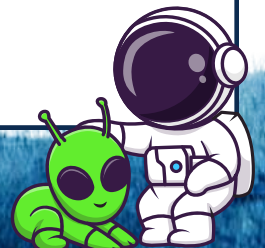
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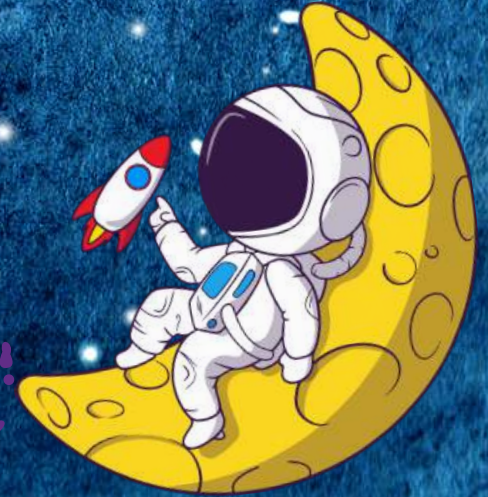
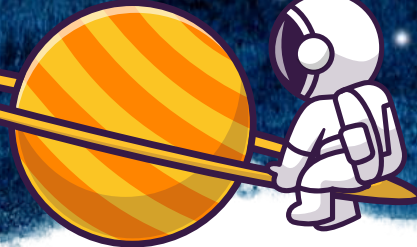
MY EVENING ROUTINE



--	--	--	--	--	--



MY EVENING ROUTINE



1

2

3

4

5

6



Getting Ready for Bed



--	--	--	--	--	--

Getting Ready for Bed



1

2

3

4

5

6

