

My Daily Routine

Do each step, then check the box!



My name: _____

Morning		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Wake up	☐	☐	☐	☐	☐	☐	☐
	Brush teeth	☐	☐	☐	☐	☐	☐	☐
	Get dressed	☐	☐	☐	☐	☐	☐	☐
	Eat breakfast	☐	☐	☐	☐	☐	☐	☐
	Pack backpack	☐	☐	☐	☐	☐	☐	☐
Evening		Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Bath time	☐	☐	☐	☐	☐	☐	☐
	Put on PJs	☐	☐	☐	☐	☐	☐	☐
	Read a book	☐	☐	☐	☐	☐	☐	☐
	Lights out	☐	☐	☐	☐	☐	☐	☐

Every check is a step you did all by yourself. Great job!

My Two-Homes Week

Same routine at both homes. Mark where you sleep each night.



My name: _____ Home A is: _____ Home B is: _____

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Tonight I sleep at

check A or B

A

B

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A

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Morning



Wake up

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Brush teeth

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Get dressed

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Eat breakfast

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Pack backpack

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Evening



Bath time

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Put on PJs

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Read a book

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Lights out

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Switching homes day

1

A grown-up gives me a heads-up

2

I pack my special things

3

Big hug, "I love you," and go!