

GOOD NIGHT 
 SLEEP TIGHT

Blank rounded rectangular area for writing.

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Blank rounded rectangular area for writing.



HUGS & KISSES



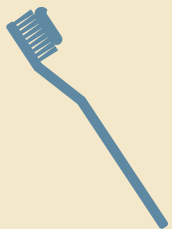
DRINK SOME WATER



**PICK TOMORROW'S
CLOTHES**



TAKE A BATH



BRUSH YOUR TEETH



PUT ON YOUR PJ'S



PICK UP YOUR ROOM



BEDTIME STORY

EXAMPLE:



Customize your child's bedtime routine chart! Cut out each bedtime task card and laminate each piece. Attach a magnet or Velcro to the back of each card. Laminate the "Good Night, Sleep Tight" chart. Once your child completes their assigned bedtime task, let them hang their task card on the chart.

If you need to assign more than four tasks, print out a second chart!