



MY BEDTIME ROUTINE

At3yearsold.com

This is 's bedtime routine.

My bedtime is at

1. First bedtime activity:

2. Second bedtime activity:

3. Third bedtime activity:

4. Fourth bedtime activity:

My cuddly bedtime buddy is called

I wake up at

Bedtime chart

Day	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Wake up							
Bedtime							

Every time you wake up / go to bed on time. Place a sticker on the chart. If you manage to fill the chart in a week with no gaps then you get a treat!