



BEDTIME ROUTINE TRACKER

Settle down under the stars

SWEET DREAMS

Name: _____

Week of: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Tidy Up							
Bath / Shower							
Pyjamas							
Brush Teeth							
Story Time							
Lights Out							

Tonight I am proud of: _____

- REST
- DREAM
- ADVENTURE

