



## MORNING

- MAKE BED
- GET DRESSED \*
- COMB HAIR
- EAT BREAKFAST
- BRUSH TEETH
- BACKPACK & LUNCH READY
- PUT ON SHOES/COAT



## AFTER SCHOOL

- DO HOMEWORK
- PLAY OUTSIDE OR EXERCISE
- READ 20 MINUTES
- HELP SET THE TABLE
- EAT HEALTHY DINNER
- DO 1 WEEKLY CHORE
- HAVE SOME FUN



## BEFORE BED

- CLEAN UP TOYS
- TAKE A BATH/SHOWER
- PUT ON PAJAMAS
- BRUSH TEETH
- GO TO THE BATHROOM
- READ A BOOK
- \* ● THINK OF YOUR FAVORITE PART OF THE DAY

# HAVE A GREAT DAY!!!

