

BEDTIME CHECKLIST



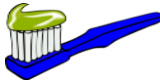
- 1. ON SCHOOL NIGHTS—Do you have homework in backpack, lunch made, library book, papers signed, water bottle filled, etc.?



- 2. Bath/Shower and Pajamas On



- 3. Brush Teeth



- 4. Get Small Drink of Water



- 5. Go to the Bathroom/Wash Hands one more time—if needed.



- 6. ON SCHOOL NIGHTS--Pick out School Clothes



- 7. Get in Bed



- 8. Wait Patiently to Be Tucked In—Read, Think, Pray, etc,



- 9. Know that You are Loved!



Other Responsibilities...

- _____
- _____
- _____