

# Bedtime Checklist



## 1. ON SCHOOL NIGHTS...

• HOMEWORK DONE?



• BACKPACK PACKED?



• LUNCH MADE?



• WATER BOTTLE FILLED?



• CLOTHES PICKED OUT?



• PAPERS SIGNED?



## 2. BATH/SHOWER



## 3. PAJAMAS ON



## 4. BRUSH TEETH



## 5. GO TO BATHROOM & WASH HANDS



## 6. GET IN BED



## 7. WAIT PATIENTLY TO BE TUCKED IN



- READ, THINK, PRAY



STAY IN BED & REMEMBER-- YOU ARE LOVED!

