

Summer Morning & Evening Routine *checklist*



MORNING

- Make your bed
- Brush your teeth
- Wash your face
- Get dressed (no pajamas after breakfast!)
- Put dirty clothes in the laundry basket
- Unload the dishwasher (if it's your day)
- Clean up your breakfast spot
- Tidy up one area (toys, shoes, or backpack zone)
- Choose one thing to do that's screen-free (read, draw, play)

EVENING

- Tidy your room (put away toys/clothes/books)
- Load your dinner dishes in the dishwasher
- Shower or bathe
- Brush teeth
- Wash face
- Set out clothes for tomorrow
- Quiet time: journal, read, or talk
- Lights out by _____

