

Morning Routine:

- Go to the bathroom.
- Wash your face. Get the matter out of your eyes.
- Brush your teeth for two minutes.
- Get dressed.
- Hang up your pajamas.
- Make your bed.
- Comb your hair.
- Eat breakfast.
- Get your backpack and your coat (or whatever else you need if you're going to school today).

Evening Routine:

- Take a bath.
- Wash your hair.
- Wash your body and face.
- Dry yourself well with a towel.
- Place all the bath toys on the side of the tub when you're finished.
- Put on your pajamas.
- Put your dirty clothes down the chute (or in a clothes hamper).
- Brush your teeth for two minutes.
- Floss your teeth.
- Choose the clothes you'll wear in the morning. Put them out so they're easy to find.
- Create a list of what you want packed in your lunch and leave it on the kitchen counter.
- Pack up your backpack (or whatever else you need if you're leaving for school in the morning).
- Place your backpack by the door.
- Place your shoes and coat by the door.