Bedtime Wind-Down

Name _____ Week of _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Put the Tablet Away	☐	☐	☐	☐	☐	☐	☐
Put on Pyjamas	☐	☐	☐	☐	☐	☐	☐
Brush Teeth	☐	☐	☐	☐	☐	☐	☐
Story Time	☐	☐	☐	☐	☐	☐	☐
Have a Cuddle	☐	☐	☐	☐	☐	☐	☐
Lights Out	☐	☐	☐	☐	☐	☐	☐
All done!	☆	☆	☆	☆	☆	☆	☆

Tick each task when it's done. When the whole list is ticked, colour in that day's star.

I'm saving my stars for:

_____

Little Streaks: routines and rewards for kids, for iPhone and iPad. Every routine on littlestreaks.com/routines