Morning and Bedtime Routine Charts

Simple visual charts to talk through everyday routines - wake up, wash, eat, brush, and rest.

How to use

Point to each step in order. Celebrate finishing a step. Adapt the order to your family's real routine.

Adult guidance

These charts are general home-learning tools, not medical, sleep, or potty-training advice. Adult guidance recommended.

Original Little Learners Path educational printable. Keep sessions short and playful. Celebrate effort, not perfection.

Morning Routine Chart

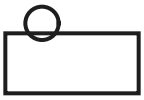
Visual routine - Point and talk

Check a box when you finish each step. There is no perfect pace.

☐ **1. Wake up**
Stretch and say good morning.



☐ **2. Wash hands / face**
Soap and water with an adult.



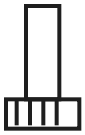
☐ **3. Get dressed**
Choose clothes together.



☐ **4. Eat breakfast**
Sit and eat what your family serves.



☐ **5. Brush teeth**
Adult helps with toothpaste and brushing.



☐ **6. Ready for the day**
Shoes, bag, or calm play.



Parent note: Skip or reorder steps to match your home. This is a conversation helper, not a strict schedule.

Bedtime Routine Chart

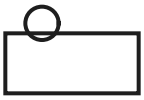
Visual routine - Point and talk

Check a box when you finish each step. There is no perfect pace.

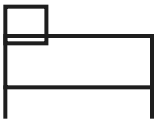
☐ **1. Put toys away**
A short tidy-up together.



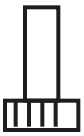
☐ **2. Bath or wash**
Adult supervision for water play.



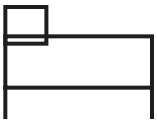
☐ **3. Pajamas**
Soft clothes for sleep.



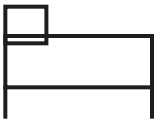
☐ **4. Brush teeth**
Adult helps with brushing.



☐ **5. Story time**
One short book or song.



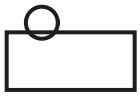
☐ **6. Lights low / rest**
Quiet time for sleep.



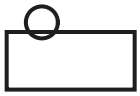
Parent note: Skip or reorder steps to match your home. This is a conversation helper, not a strict schedule.

Wash hands together

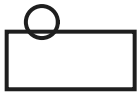
1. Wet hands



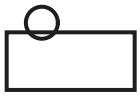
2. Soap



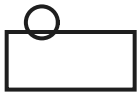
3. Rub fronts and backs



4. Rinse



5. Dry



Adult supervision for sink and soap. Sing a short song while rubbing. Not a medical hygiene protocol.