

Simple Routines Checklist

Directions: Print out this simple routine checklist and put it in a page protector or laminate it. Have your child color in the boxes with colorful whiteboard markers (or make a check mark) after they finish each routine. Erase the information after your child goes to bed and start with a clean checklist each morning.

Morning

I can dress myself.



I can eat breakfast.



I can brush my teeth.



I can get my things ready for school.



Afternoon

I can take off my shoes.



I can rinse out my water bottle.



I can put my school things away.

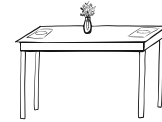


Evening

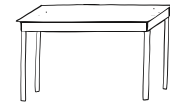
I can wash my hands.



I can help set the table.



I can help clean up the table.



I can put my pajamas on.



I can brush my teeth.

