

Bedtime Routine

	 Have a snack and a drink	 Brush your teeth	 Have a wash or bath	 Go to the toilet	 Have a story	 Lights off	 Stay in bed until morning
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Bed time is at No electronics after.....

_____ can read/play quietly until s/he is tired but s/he must stay in bed to get the reward.

_____ reward for going to bed on time and staying in bed is.....