School Night Routine Checklist for Kids

- 1. Unpack backpack and lunchbox
- 2. Eat dinner with family
- 3. Complete homework assignments
- 4. Take a bath or shower
- 5. Brush teeth and use the bathroom
- 6. Lay out clothes for the next day
- 7. Pack backpack with completed homework
- 8. Choose a story or wind-down activity
- 9. Lights out at the designated bedtime