



DAILY ROUTINES

Morning

- Make your bed
- Wash / Shower
- Get dressed.
- Eat breakfast.
- Brush your teeth
- Fix your hair.
- Quick chores / tidy room
- Read
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Evening

- Pack Your School Bag
- Choose clothing
- Charge devices
- Set alarm, place away from bed
- Tidy your room
- Wash / Shower
- Brush your teeth
- Read / quiet activity
- Practice gratitude / pray
- Sleep

Remember: Teenagers need at least 8 to 10 hours sleep a night;
Organise bedtimes & set alarm to achieve best sleep times.
(Younger kids need even more),