



My Evening Checklist

One step at a time. Check each box when you finish.

MY NAME

DATE

MY STEPS

DONE

1



Tidy up my things

☐

2



Pack my bag for tomorrow

☐

3



Wash up or take a bath

☐

4



Put on my pyjamas

☐

5



Brush my teeth

☐

6



Use the toilet and wash hands

☐

7



Read or have quiet time

☐

8



Get into bed

☐

Our extra step (optional)

☐

For grown-ups: Practice together, then let your child check each step.

Print and laminate to reuse with a dry-erase marker, or check the boxes on screen.

Skip or adapt steps to suit your family. Clear the boxes before the next routine.