

# SAMPLE DAILY ROUTINE—SCHOOL AGE CHILDREN

7:00 a.m. WAKE UP ☐

7:05 a.m. MORNING HYGIENE ☐

1. Make your bed \_\_\_\_\_
2. Put on clean clothes \_\_\_\_\_
3. Wash face \_\_\_\_\_
4. Brush hair \_\_\_\_\_
5. Put on selected clothes \_\_\_\_\_

7:20 a.m. BREAKFAST ☐

7:40 a.m. BRUSH TEETH ☐

7:45 a.m. EXIT—PUT ON SHOES ☐



8:00 a.m. SCHOOL ☐

2:50 p.m. TRAVEL HOME / ENTRANCE ☐

3:00 p.m. SNACK ☐

3:20 p.m. HOMEWORK OR CHORES ☐

3:50 p.m. REVIEW HOMEWORK OR CHORES ☐

4:00 p.m. FREE TIME ☐

5:30 p.m. DINNER PREPARATION ☐

6:00 p.m. DINNER ☐

6:30 p.m. DINNER CLEAN UP ☐

7:00 p.m. RELAXATION ☐

8:00 p.m. EVENING SNACK ☐

8:10 p.m. GET READY FOR BED ☐

1. Shower or bathe \_\_\_\_\_
2. Brush teeth \_\_\_\_\_
3. Put on pajamas \_\_\_\_\_
4. Put dirty clothes in the laundry hamper \_\_\_\_\_
5. Go to the bathroom \_\_\_\_\_

8:30 p.m. BEDTIME

