

EVENING ROUTINE

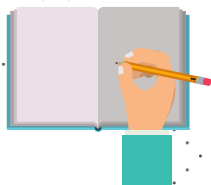
A visual schedule with normal evening time requirements including bedtime

Use this visual schedule help guide and structure your afternoons after school. It includes time for both homework and play.

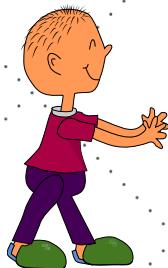
It also can be used to transition to bedtime with space for clean up and pajamas.

Consider laminating this and allowing your child to check off completed tasks.

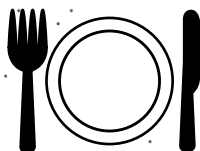
EVENING/BEDTIME ROUTINE



Homework



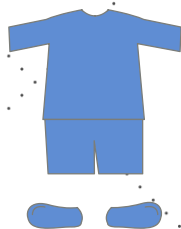
Play Time



Dinner



Clean Up



Pajamas



Reading



Sleep Time