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Daily Routine Checklist for Kids Ages 10–12

MORNING

- [ ] Brush your teeth (morning) — Every day
- [ ] Make your bed — Every day
- [ ] Come to school on time — School days

DAYTIME

- [ ] Do homework — School days
- [ ] Read for 30 minutes — Every day
- [ ] Exercise or sports — Every day
- [ ] Clean your room — Saturday
- [ ] Learn something new — Every day
- [ ] Eat your veggies — Every day
- [ ] Eat a piece of fruit — Every day
- [ ] Drink enough water — Every day

EVENING

- [ ] Brush your teeth (evening) — Every day
- [ ] Take a shower — Every day
- [ ] Prepare your schoolbag — School days

DRAW YOUR MOOD TODAY

How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.
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