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Daily Routine Checklist for Kids Ages 4–6

MORNING

- [ ] Brush your teeth (morning) — Every day
- [ ] Make your bed — Every day
- [ ] Get dressed by yourself — Every day

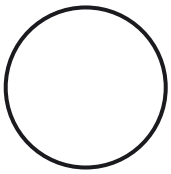
DAYTIME

- [ ] Eat your fruits & veggies — Every day
- [ ] Practice letters or numbers — School days
- [ ] Drink enough water — Every day
- [ ] Walk or play outside — Every day

EVENING

- [ ] Brush your teeth (evening) — Every day
- [ ] Take a shower — Every day
- [ ] Tidy up your toys — Every day
- [ ] Help set the table — Every day

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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