PHILOMATHIA

ROUTINE CHART






Nap time

The same quiet steps before every nap.

MY NAME _____

1.  Toilet ◯
2.  A sip of water ◯
3.  One short book ◯
4.  Teddy in ◯
5. Nap time ◯

Tick each step when it's done. Skipping one is fine.