PHILOMATHIA

ROUTINE CHART

Going to a sleepover

Pack the things that help bedtime feel familiar.

MY NAME _____

1. Pack pyjamas and a toothbrush ◯
2.  Say hello when I arrive ◯
3.  Brush teeth ◯
4. Get cosy for bed ◯

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