










Morning Routine

1	 Wake-Up
2	 Breakfast
3	 Put on School Uniform
4	 Brush your teeth
5	 Leave the house and get on the bus
6	 School

Afternoon Routine

1	 Go to Grandma's house
2	 Change Clothes and Wash Hands
3	 Lunch
4	 Do chores or play outside
5	 15:45 Mom picks me up and we go home
6	 Play or watch TV until 18:30
7	 Shower and Get dressed

Night Routines

1		Prepare Backpack for School tomorrow
2		19:30 Dinner
3		Brush your teeth
4		20:00 Go to bed
5		Mom reads me a story
6		Sleep