

Evening Routine Chart

A simple evening flow for homework, bags, hygiene, wind-down and tomorrow prep.

Keep the routine visible. Keep the reminders short.

Circle or customize the steps that fit your family. Consistency matters more than perfection.



Homework check



Pack for tomorrow



Shower / hygiene



Set out clothes



Charge devices outside bedroom



Wind down / lights out

ONE CUSTOM STEP

OUR CALM REMINDER PHRASE