



RISE, SHINE

and

BE AWESOME

	M	T	W	T	F
WAKE UP & MAKE BED					
GET DRESSED					
EAT BREAKFAST					
BRUSH TEETH & HAIR					
PUT ON SHOES & COAT					
LEAVE FOR SCHOOL					





# SWEET DREAMS *and* GOODNIGHT

	M	T	W	T	F
HOMEWORK & FREE PLAY					
EAT DINNER					
BATH TIME					
PUT ON PAJAMAS					
BRUSH TEETH					
STORY & BEDTIME					