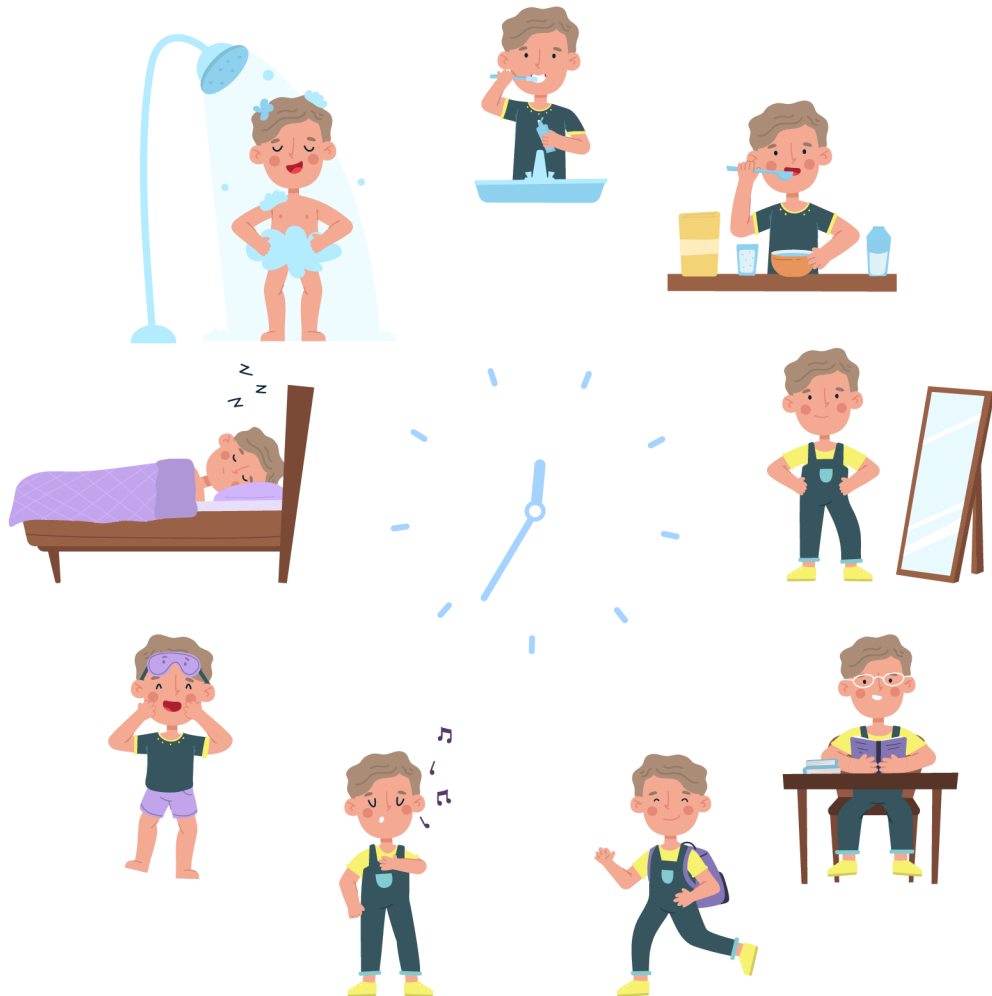


Daily Routine Chart for Preschoolers



Morning Routine



Wake up



Eat breakfast



Brush teeth



Get dressed



Wash face / brush hair

Daytime Routine



Active play (outside or inside)



Storytime / learning activity



Snack



Creative play (craft, coloring, building)



Lunch



Nap or quiet time



Play again (outdoor/indoor movement)

Evening Routine



Dinner



Family time (walk, game, reading together)



Bath



Pajamas



Bedtime story



Lights out



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