STELLKEY

Free printable · PDF

Bedtime routine chart for kids



Color a star for every step done!

Name _____ **Week of** _____

	MON	TUE	WED	THU	FRI	SAT	SUN
Screens off	☆	☆	☆	☆	☆	☆	☆
Bath or wash	☆	☆	☆	☆	☆	☆	☆
Pajamas	☆	☆	☆	☆	☆	☆	☆
Brush teeth	☆	☆	☆	☆	☆	☆	☆
Ready for tomorrow	☆	☆	☆	☆	☆	☆	☆
Story and lights out	☆	☆	☆	☆	☆	☆	☆

When I fill a whole week, I get: _____

Start at the same time. The body learns when it's time to slow down.

What if Stell guided bedtime?

In the Stell app, your child follows each evening step with Stell, brushes their teeth for 2 minutes and earns their stars on their own.

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