My Success Starts the Night Before

Preparing today helps me have a better tomorrow.

TONIGHT, I CAN PREPARE FOR TOMORROW:

- [ ]  Clothes ready
- [ ]  School bag packed
- [ ] _____
- [ ] _____
- [ ] _____

My Bedtime Routine

Good habits at night help me sleep well
and wake up ready for the day!

SKILL:

Healthy Evening Habits



ACTIVITY:

Trace the bedtime path.



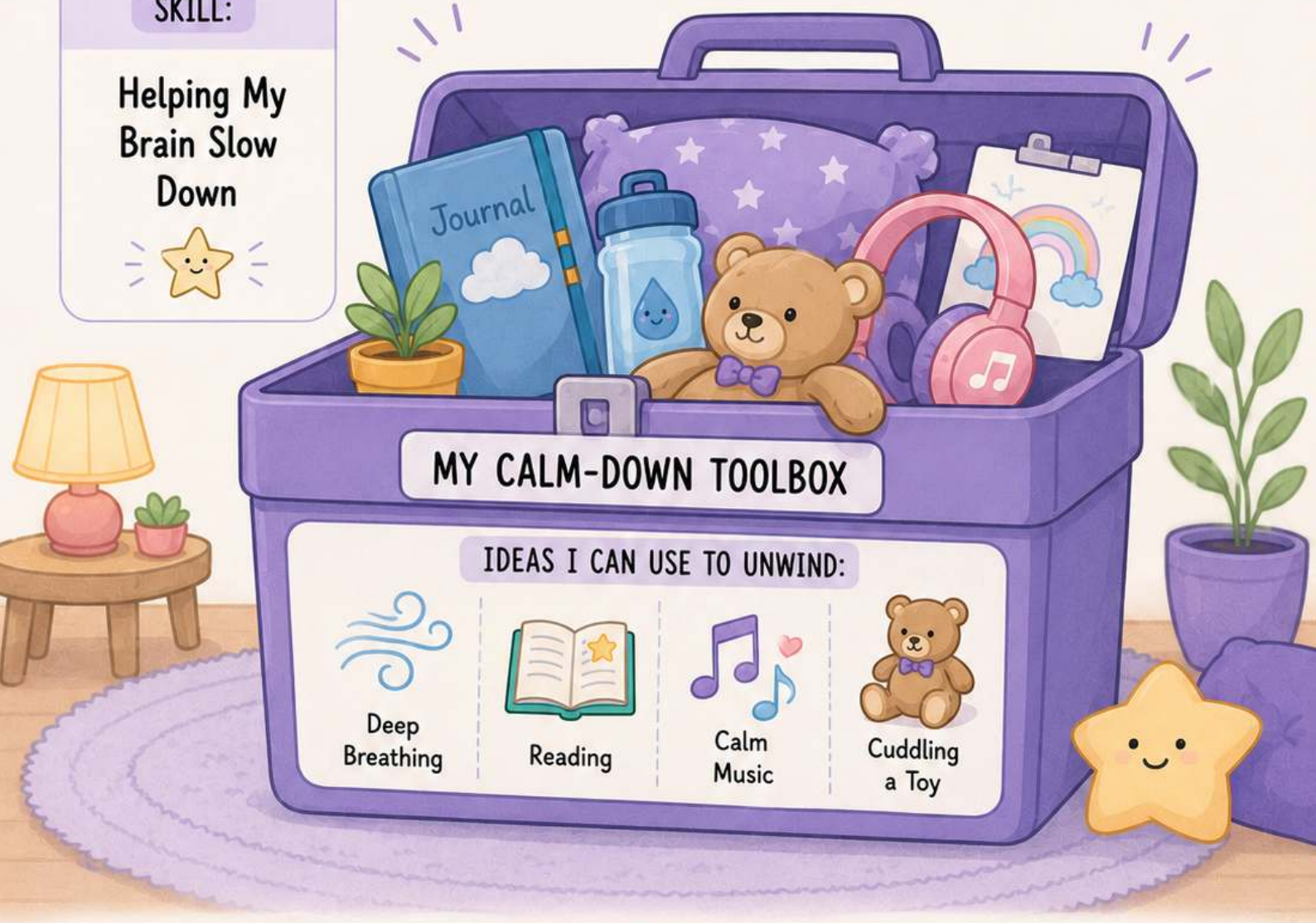


My Unwinding Ritual

When I take time to unwind, my brain feels calm, happy, and ready for what's next!

SKILL:

Helping My Brain Slow Down



ACTIVITY:

Circle your favorite calming activities!

- Deep Breathing
- Reading
- Calm Music
- Cuddling a Toy

My Unwinding Ritual

Helping my brain slow down before bedtime
helps me feel calm, cozy, and ready for sleep.

1 How Do I Feel Before Bed?

Circle how you feel most nights before bedtime.

Calm Okay Worried Busy Brain Tired Frustrated

My brain feels like:

- ☐ A quiet cloud
- ☐ A busy bee
- ☐ A racing train
- ☐ A sleepy sloth
- ☐ Something else: _____

2 My Calm-Down Toolbox

Draw or write calming activities
inside the toolbox.



3 Circle My Favorites

Circle the activities that help me feel calm.

Deep Breathing · Reading · Calm Music · Cuddling a Toy · Drawing

Stretching · Drinking Water · Hugging Someone · Bath/ Shower · Quiet Time

4 My Unwinding Path

Follow the path and create your bedtime calm-down routine.

Step 1: _____

Step 2: _____

Step 3: _____

Step 4: _____

5 My Bedtime Promise

Complete the sentence.

Tonight I will help my brain
slow down by:

_____

_____

_____

Thinking About My Day

Taking time to think about my day helps me notice the good and grow!

SKILL:

Simple Reflection

Something that went well

Something I learned

Something I'm proud of

ACTIVITY:

Draw or write one answer for each.

What Do I Need Tomorrow?

Planning ahead helps me feel prepared, confident, and ready for a great day!

SKILL:

Planning Ahead

What I need for school

What I need for activities

What I need to remember

ACTIVITY:

Draw or write one answer for each.

My Morning Routine

A morning routine helps me feel organized, confident, and ready to learn!

SKILL:

Starting the Day Successfully



ACTIVITY:

Number the steps in order.





Wake Up



Brush Teeth



Get Dressed



Eat Breakfast



Grab Bag

My Morning Routine

A morning routine helps me feel organized, confident, and ready to learn!

SKILL:

Starting the Day Successfully



ACTIVITY:

Number the steps in order.

Packing My School Bag

Being prepared helps me feel confident and ready for a great day!

SKILL:
Being Prepared

ACTIVITY: Check off each item I need.

- [ ] Books
- [ ] Pencil Case
- [ ] Lunch
- [ ] Water Bottle
- [ ] Homework



Anything else I need?

- [ ] I double-checked my bag! _____

My Screen Time Checklist

Using screens in balance helps me feel good, stay focused, and have time for important things!

SKILL:

Balanced Technology Use

Before Screen Time, I Check:

- ☐ Homework done _____
- ☐ Chores done _____
- ☐ Played outside _____
- ☐ Had a drink of water _____
- ☐ _____

ACTIVITY:

Color the checklist!

My Helpful Habits

Good habits help me and the people around me every day!

SKILL:

Building Responsibility

Activity:
Circle the habits you already do!



Put things away



Use kind words



Follow routines



Help at home

Small habits today build a better me tomorrow!

My Home Success Toolbox

I have tools that help me every day
to do my best at home!

SKILL:

Finding Helpful Strategies

Remembering Tools

Routine Helpers

Getting Ready Tools

Calm-Down Tools

ACTIVITY:

Fill the toolbox with things that help you succeed!

My Home Success Plan

I can make choices, build good habits, and reach my goals!

Reflection Questions

What habit helps me most?

_____

_____

What routine is easiest?

_____

_____

What do I want to practice?

_____

_____

What am I proud of?

_____

_____



Celebrating My Success at Home

Every small habit helps me become more responsible, confident, and independent.

Name: _____ Date: _____