

Daily Routine Checklist for Kids Ages 4–6

MORNING

- | | |
|---|-----------|
| ☐ Brush your teeth (morning) | Every day |
| ☐ Make your bed | Every day |
| ☐ Get dressed by yourself | Every day |

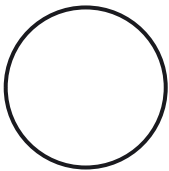
DAYTIME

- | | |
|--|-------------|
| ☐ Eat your fruits & veggies | Every day |
| ☐ Practice letters or numbers | School days |
| ☐ Drink enough water | Every day |
| ☐ Walk or play outside | Every day |

EVENING

- | | |
|---|-----------|
| ☐ Brush your teeth (evening) | Every day |
| ☐ Take a shower | Every day |
| ☐ Tidy up your toys | Every day |
| ☐ Help set the table | Every day |

DRAW YOUR MOOD TODAY



How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.

Get Starday on the App Store or at starday.gosu.team