

Evening Routine

A calm end to a wonderful day

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Clear the Table

Put dishes in the sink and wipe crumbs.

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Toy Reset

Place toys back in their homes.

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Bath & Wash

Scrub-a-dub-dub and dry off well.

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Pajama Time

Choose clean pajamas for sleep.

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Brush & Floss

Keep those pearly whites shining.

?

Story Time

Pick one book to read together.

?

Lights Out

Time to dream and rest your body.

"Sleep is the best meditation."