

The Sallygate School RESOURCES



Sallygate Parent Guide Series

Evening Routine Checklist

Helping me feel calm, safe and ready for sleep

My Evening Routine

Name: _____

Date: _____

★ Tonight I will...

✓ What I Need To Do

- ☐  Eat my dinner
- ☐  Drink some water
- ☐  Put my school bag by the door
- ☐  Put out tomorrow's clothes
- ☐  Have a bath or shower
- ☐  Brush my teeth
- ☐  Go to the toilet
- ☐  Turn off my tablet, phone or TV
- ☐  Read a book or listen to a story
- ☐  Choose something that helps me feel calm
- ☐  Tell someone one good thing about today
- ☐  Lights out

Why It Helps

- Gives my body energy to rest and grow
- Keeps my body healthy
- Helps tomorrow morning feel easier
- One less thing to think about tomorrow
- Helps my body know it's time to relax
- Keeps my teeth healthy
- Helps me stay comfortable overnight
- Gives my brain time to slow down
- Helps my brain relax
- Teddy • Blanket • Music • Sensory toy
- Helps me finish the day with a positive thought
- Time for my brain and body to rest

★ My Calm Choices

If I feel worried, excited or my brain won't slow down, I can try:

- ☐ Deep breathing
- ☐ Cuddle my teddy
- ☐ Read quietly
- ☐ Listen to calming music
- ☐ Use my weighted blanket (if appropriate)
- ☐ Stretch my body
- ☐ Colour for five minutes
- ☐ Talk to a grown-up
- ☐ Think about my favourite memory from today
- ☐ Other:

How am I feeling tonight?

 Happy

 Calm

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- 😊 Okay
- 😟 Worried
- 😞 Sad
- 😴 Tired
- 😡 Frustrated

(Circle one or draw your own.)

★ **One thing I'm proud of today**

💙 **My Grown-Up Says...**

🌙 **Remember...**

Sleep isn't something you have to be perfect at.
Your brain has worked really hard today.
Now it's time for it to rest.
Tomorrow is a brand new day.

Parent Tips (small section at the bottom)

Children often settle best when evenings are calm, predictable and unhurried.

Try to:

- Keep the same bedtime most evenings.
- Reduce screens around one hour before bed where possible.
- Follow the routine in the same order each night.
- Praise effort rather than perfection.
- If your child struggles one evening, remember that tomorrow is another opportunity to try again.

💙 **This is Sallygate**

Helping children understand themselves, build confidence and feel safe enough to thrive.