

I Can
Do It!

MY CHORE CHECKLIST

A Clean Space
Helps Me Learn,
Play and Grow!

Small Jobs ★ Big Responsibility ★ A Happier Home!

1

☐ Make
My Bed



2

☐ Put Dirty
Clothes in
Hampers



3

☐ Tidy Up
My Room



4

☐ Help with
Dishes



5

☐ Wipe
Tables



6

☐ Sweep
or Vacuum



7

☐ Take Out
Trash



8

☐ Take Care
of Pets
(if you have any)



9

☐ Put Away
Books &
School Supplies



10

☐ Help a
Family Member



11

☐ Keep the
Bathroom Tidy



12

☐ Be Proud!
I Help Make
Our Home a
Happier Place!



RESPONSIBLE



KIND



HELPFUL



I CAN DO IT!





MY MORNING ROUTINE

A BRIGHT
DAY AHEAD! ♥



1. WAKE UP



2. MAKE MY BED



3. USE THE BATHROOM



4. BRUSH MY TEETH



5. WASH MY FACE



6. GET DRESSED



7. BRUSH MY HAIR



8. EAT BREAKFAST



9. TIDY MY ROOM



10. GATHER SCHOOL
SUPPLIES



11. CHECK MY
HOMESCHOOL SCHEDULE



12. START MY DAY

LEARN ♥ GROW ♥ DO YOUR BEST

Talk
to God
Every Day!

MY PRAYER ROUTINE

PRAY
ANYTIME
ANYWHERE

1 Thessalonians 5:17

1 Find a Quiet Place



2 Get Your Bible (if you want)



3 Thank God



Thank Him for...

- Your family
- Your home
- Your friends
- Good things today

4 Tell God What's on Your Heart



- Your worries
- Your struggles
- Your questions
- Your feelings

5 Pray for Others



Pray for...

- Your family
- Your friends
- Your teachers
- Those who are sick
- People who need Jesus

6 Ask for Help



Ask God for...

- Wisdom
- Strength
- Patience
- Courage
- Help with school
- Make good choices

7 Listen



Be quiet for a few minutes and listen for God's voice.

8 Read a Bible Verse



"Your word is a lamp to my feet and a light to my path."
Psalm 119:105

9 Pray Again



End your time with a final prayer.

10 Be Grateful



Always end with a thankful heart!

11 Trust God



Remember that God hears you, loves you, and has a plan.

12 Make It a Habit



PRAY



TRUST



GROW



REPEAT



A closer relationship with God starts with a simple conversation. ♥

A Closer Relationship with God Starts Here!

MY PRAYER ROUTINE

Talk to God



Anytime, Anywhere



Every Day

PRAY
TRUST
GROW
REPEAT



1 Find a Quiet Place



2 Get Your Bible (if you want)

You can read a Bible verse or just talk to God.



3 Thank God



Tell God what you are thankful for.

- Your family
- Your home
- Your friends
- Good things today

4 Tell God What's on Your Heart

You can talk to Him about anything!



- Your worries
- Your struggles
- Your questions
- Your feelings



5 Pray for Others

Lift up others in prayer.

- Your family
- Your friends
- Your teachers
- Those who are sick
- People who need Jesus



6 Ask for Help

You can ask God for:

- Wisdom
- Strength
- Patience
- Courage
- Help with school
- To make good choices



7 Listen



Be quiet for a moment and listen for God's voice.



8 Read a Bible Verse

Let God's Word encourage you.

"Your word is a lamp to my feet and a light to my path."
Psalm 119:105



9 Pray Again

End your time with a final prayer. You can say, "Thank You, God. In Jesus' name, Amen."



10 Be Grateful and Trust God

Remember that God hears you, loves you, and has a plan.



11 Make It a Habit

Pray every day! You can pray in the morning, during the day, and at night.



12 Remember...

- ♥ God hears you.
- ♥ God loves you.
- ♥ You can talk to Him about anything.
- ♥ Prayer makes a difference.
- ♥ You are never alone.



PRAY ♥ TALK ♥ TRUST ♥ GROW



"Cast all your anxiety on Him because He cares for you." 1 Peter 5:7



MY NIGHT ROUTINE



1. TIDY UP TOYS



2. WASH HANDS



3. DINNER



4. BATH TIME



5. PUT ON PAJAMAS



6. BRUSH TEETH



7. TOILET



8. DRINK WATER



9. STORY TIME



10. CUDDLE



11. LIGHTS OFF



12. SLEEP



SWEET DREAMS



A BRIGHTER TOMORROW



I Can
Do It! ♥

MY CHORE CHECKLIST

A
Clean Space
Helps Me
Learn, Play
and Grow! ♥

Small Jobs ♥ Big Responsibility ♥ A Happier Home!

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9

☐ Put Away
Books &
School Supplies



10

☐ Help a
Family Member



11

☐ Keep My
Bedroom
Neat



12

☐ Be Proud!
I Help Make
Our Home a
Happier Place!



KIND ♥ HELPFUL ♥ RESPONSIBLE ♥ I CAN DO HARD THINGS!



I Can
Learn
Do Great
Things!

MY HOMESCHOOL ROUTINE



SAME
GOD
NEW DAY
BRIGHTER
FUTURE

READ ♥ LEARN ♥ GROW ♥ MAKE A DIFFERENCE

1 Bible Time

Read, pray and start my day with God.



2 Reading

Read a book and practice my skills.



3 Language Arts

Work on writing, grammar or spelling.



4 Math

Practice math and do my best.



5 Break Time

Take a short break to move, play or have a snack.



6 Science

Explore, discover and learn about the world.



7 Lunch Time

Eat a healthy lunch and take a break.



8 Social Studies

Learn about people, places and history.



9 Electives / Extra Learning

Do something I enjoy like art, music, coding or a life skill.



10 Independent Work

Finish assignments and check my work.



11 Clean Up

Put my supplies away and tidy my space.



12 I Did It!

I'm proud of my hard work today!



SMALL STEPS



BIG PROGRESS



BRIGHTER TOMORROWS





DAILY CHECKLIST



BEFORE SCHOOL

Did you?

- ☐ Make your bed
- ☐ Brush your teeth
- ☐ Get dressed
- ☐ Eat breakfast
- ☐ Put dishes in sink
- ☐ Pack snacks
- ☐ Pack water bottle
- ☐ Put on socks, shoes & jacket
- ☐ Get your Homeschool work
- ☐ Get your Library books
- ☐ Pack Lunchbox
- ☐ Pack Backpack

Enjoy your day! ♥

AFTER SCHOOL

Did you?

- ☐ Put shoes away
- ☐ Unpack backpack and put away
- ☐ Empty lunchbox
- ☐ Wash water bottle
- ☐ Wash your hands
- ☐ Finish your homeschool work
- ☐ Take a nap
- ☐ Play outside for 30 minutes
- ☐ Read for 30 minutes
- ☐ Help mom with chores
- ☐ Have a healthy snack
- ☐ Pack backpack for tomorrow

Get 1 hour of Screen Time! 😊

BEFORE BED

Did you?

- ☐ Help prep dinner
- ☐ Have your dinner
- ☐ Put dishes away in sink
- ☐ Tidy your room
- ☐ Take a shower
- ☐ Brush teeth
- ☐ Put pajamas on
- ☐ Put dirty clothes in hamper
- ☐ Pick clothes for next day
- ☐ Read bedtime story
- ☐ Say prayer
- ☐ Go to bed

Have a good night! 🌙★

You can do it!!



MY NIGHT ROUTINE

A GOOD NIGHT
LEADS TO A
BRIGHT TOMORROW

1 TIDY UP MY ROOM



A clean room
helps me relax.

2 TAKE A BATH OR SHOWER



Clean body,
happy me!

3 BRUSH MY TEETH



Healthy teeth,
bright smile!

4 PUT ON PAJAMAS



Cozy pajamas
help me sleep.

5 READ A BOOK



Good books
lead to big dreams!

6 SAY A PRAYER



Thank you, God,
for today.

7 GET A DRINK OF WATER



A little water
helps me rest.

8 GO TO THE BATHROOM



Last stop
before bed!

9 TURN OFF SCREENS



Less screen time
helps me sleep better.

10 GET IN BED



Time to rest!

11 SAY GOOD NIGHT TO FAMILY



I'm thankful
for my family!

12 CLOSE MY EYES AND SLEEP



A good night
helps me be my
best tomorrow!

★ REST ★ REFLECT ★ BE THANKFUL ★ SWEET DREAMS

I CAN
DO THIS!

MY HOMESCHOOL ROUTINE

LEARN
GROW
BE YOUR BEST!

SAME PLAN ★ BRIGHTER DAYS ★ BIGGER GOALS

1 ☐ MORNING ROUTINE



Start my day with a happy heart!

2 ☐ EAT BREAKFAST



Fuel my body for a great day!

3 ☐ CHECK MY SCHEDULE



Look at my plan for the day.

4 ☐ BIBLE TIME



Spend time with God every day.

5 ☐ MATH



Practice and do my best!

6 ☐ READING



Read and build my mind.

7 ☐ SCIENCE



Explore and learn new things!

8 ☐ HISTORY / SOCIAL STUDIES



Learn about our world.

9 ☐ WORK ON EXTRAS



Finish assignments or extra activities.

10 ☐ CLEAN UP



Put my things away and keep my space tidy.

11 ☐ TAKE A BREAK



Rest, move, or do something I enjoy!

12 ☐ BE PROUD



I am learning, growing, and doing great!



LEARN



GROW



DO YOUR BEST



I CAN
DO THIS!

MY MORNING ROUTINE

GOOD
CHOICES
BRIGHTER
DAYS!

★ A BRIGHT START ★ A KIND HEART ★ A PRODUCTIVE DAY

1 ☐ WAKE UP



Start my day
with a happy heart!

2 ☐ MAKE
MY BED



A tidy bed
makes a happy day!

3 ☐ USE THE
BATHROOM



Take care of
myself.

4 ☐ BRUSH
MY TEETH



Healthy teeth,
bright smile!

5 ☐ WASH
MY FACE



A fresh face
helps me feel good!

6 ☐ GET
DRESSED



I can choose
my clothes!

7 ☐ COMB
MY HAIR



Look good,
feel good!

8 ☐ EAT
BREAKFAST



Fuel my body
for a great day!

9 ☐ PUT PAJAMAS
AWAY



Keep my room
tidy!

10 ☐ GRAB MY
BACKPACK/
SUPPLIES



I'm ready
to learn!

11 ☐ TAKE ANY
VITAMINS
(IF NEEDED)



Take care
of my body!

12 ☐ READY
FOR THE DAY!



A new day
is full of possibilities!



KIND



STRONG



FOCUSED



I CAN DO IT!





MY MORNING ROUTINE

New Day
Same God
Bigger Plans
♡

TEEN EDITION

DISCIPLINE TODAY ♡ A BRIGHTER TOMORROW

1



WAKE UP

Get up on time and start your day with a grateful heart.

2



MAKE MY BED

A tidy space helps a focused mind.

3



HYGIENE

Wash my face, brush my teeth, shower, and do my skincare routine.

4



GET DRESSED

Wear clean, modest, and comfortable clothes that make me feel confident.

5



EAT BREAKFAST

Fuel my body with a healthy breakfast. Take vitamins if needed.

6



GATHER MY SUPPLIES

Get my books, laptop, notebook, and anything I need for school.

7



CHECK MY SCHEDULE

Look at my homeschool plan, assignments, and any appointments for today.

8



SET MY GOALS

Choose 1-3 important things to focus on today.

9



SAY A PRAYER

Ask God to guide my thoughts, words, and actions today.

10



START MY DAY

Walk in confidence, be kind, and do my best!

*"This is the day
the Lord has made;
let us rejoice
and be glad in it."*



PSALM 118:24



PRAY ♡ PLAN ♡ DO ♡ GROW

DISCIPLINE
TODAY
FOR A
BETTER
TOMORROW

MY MORNING ROUTINE

SAME GOD
NEW DAY
BIGGER
PLANS

TEEN EDITION

SMALL STEPS LEAD TO BIG CHANGES

1

☐

WAKE UP

Get up on time and start your day with a positive attitude.

2

☐

MAKE MY BED

A simple habit that sets the tone for the day.

3

☐

HYGIENE

Wash my face, brush my teeth, shower, and use deodorant.

4

☐

GET DRESSED

Wear clean, modest, and comfortable clothes.

5

☐

EAT BREAKFAST

Fuel my body with a healthy breakfast. Take vitamins if needed.

6

☐

GATHER MY SUPPLIES

Get my books, laptop, notebook, and anything I need for school.

7

☐

CHECK MY SCHEDULE

Look at my homeschool plan, assignments, and any appointments for today.

8

☐

SET MY GOALS

Choose 1–3 important things to focus on today.

9

☐

SAY A PRAYER

Ask God to guide my thoughts, words, and actions today.

10

☐

START MY DAY

Get to work and give my best effort! I can do this.

*This is the day
the Lord has made;
let us rejoice
and be glad in it.”*

PSALM 118:24

SAME
ROUTINE

PROGRESS
EVERY DAY

A STRONGER
YOU

PRAY ♥ PLAN ♥ DO ♥ GROW