

## PRETEEN DAILY ROUTINE

### IN THE BATHROOM

- Shower ; shampoo & condition hair, scrub entire body with soap
- Apply lotion
- Wash face with facial soap (twice daily, morning & night)
- Apply blemish cream
- Apply deodorant
- Brush and style hair
- Floss teeth (at least once daily)
- Brush teeth for two minutes (at least twice daily)
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### IN THE BEDROOM

- Make bed
- Clean underpants & socks (plus bra for girls)
- Choose clothing appropriate for the weather
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### IN THE KITCHEN

- Help with meal preparation & table setting
- Tidy up table after the meal
- Take dishes & leftover food back to kitchen
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### AFTER SCHOOL

- Clean out backpack of papers; give parents important papers
- Wash hands & change out of school clothes; shower if necessary
- Homework
- Charge school tablet overnight
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