



ROUTINES DU MATIN

Je me réveille



Je m'étire

HELLO!

Je dis bonjour



Je m'habille

Je vais aux
toilettes



Je prends mon
petit-déjeuner



Je me brosse les
dents



Je mets mes
chaussures / mon
manteau



Je dessine, j'écoute
une histoire, je
chante, je médite



Amuse-toi bien !





ROUTINES DU SOIR

Je me lave
(douche, bain)



Je dine.



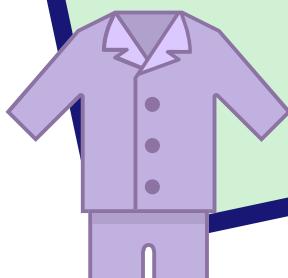
Je me brosse les dents



Je vais aux toilettes



Je mets mon pyjama



J'éteins la lumière
(j'allume ma veilleuse)

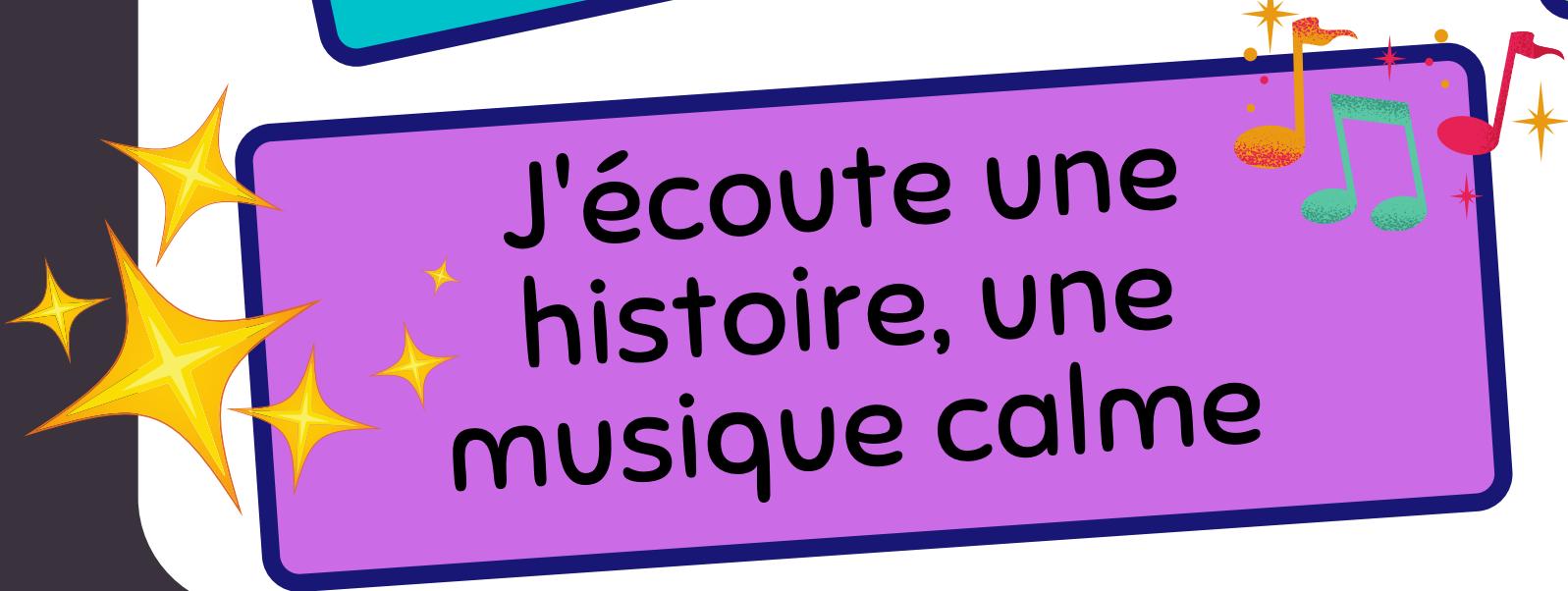


Je dis "Bonsoir"
à tout le monde

Je cite mes 3 plaisirs du jour



J'écoute une histoire, une musique calme

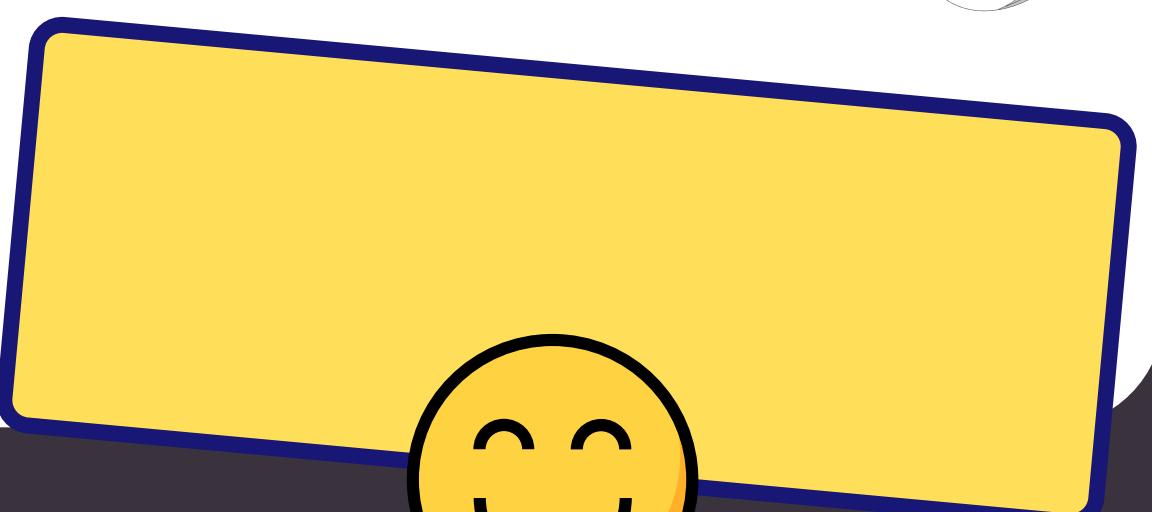
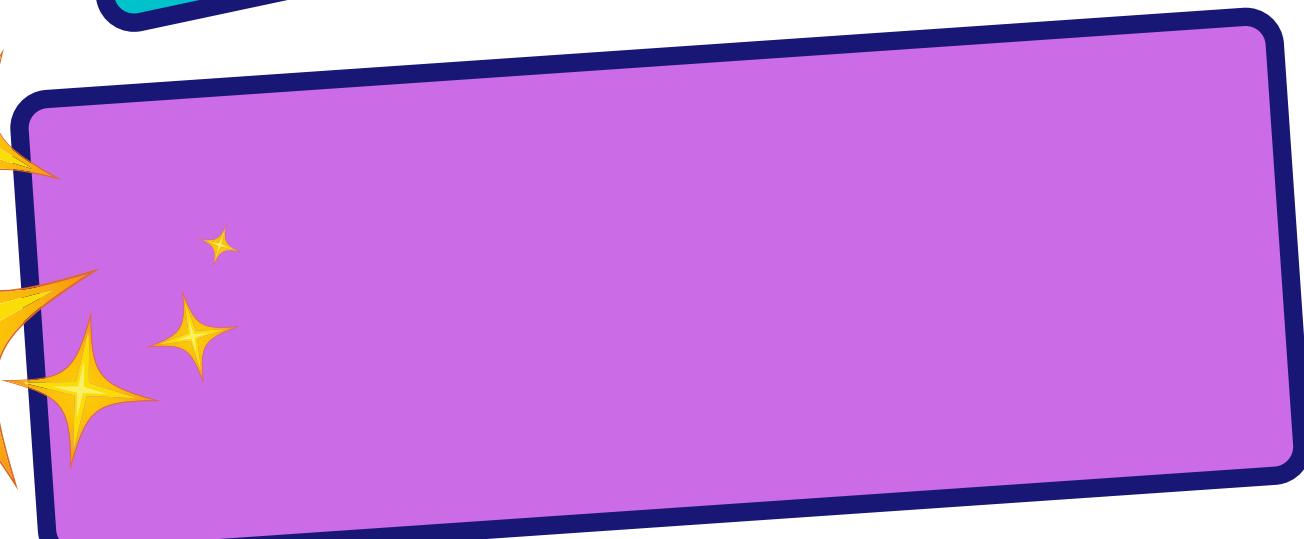
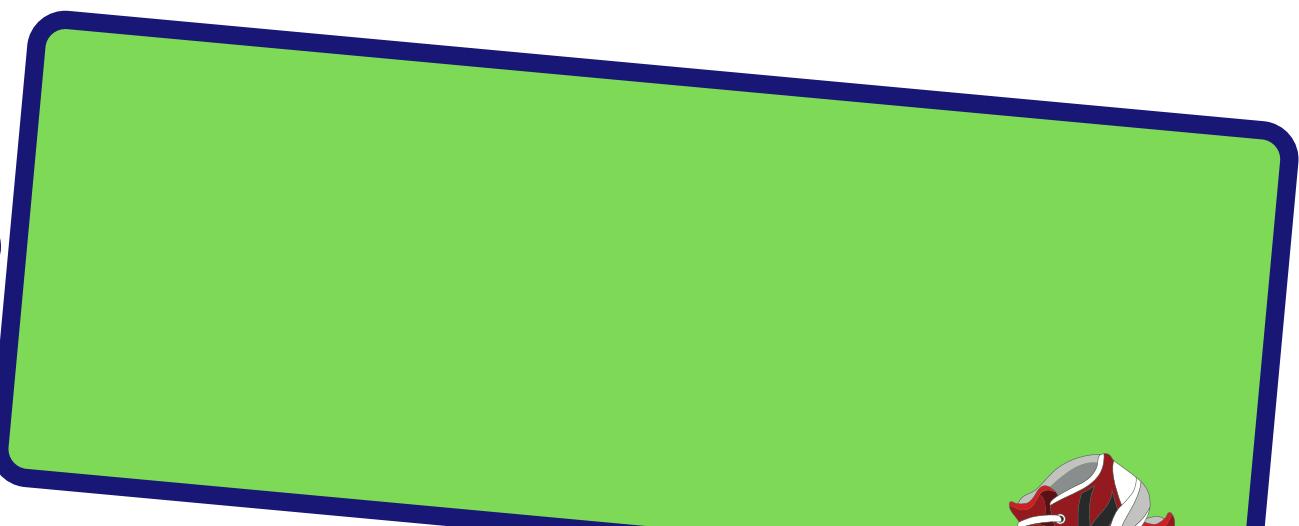
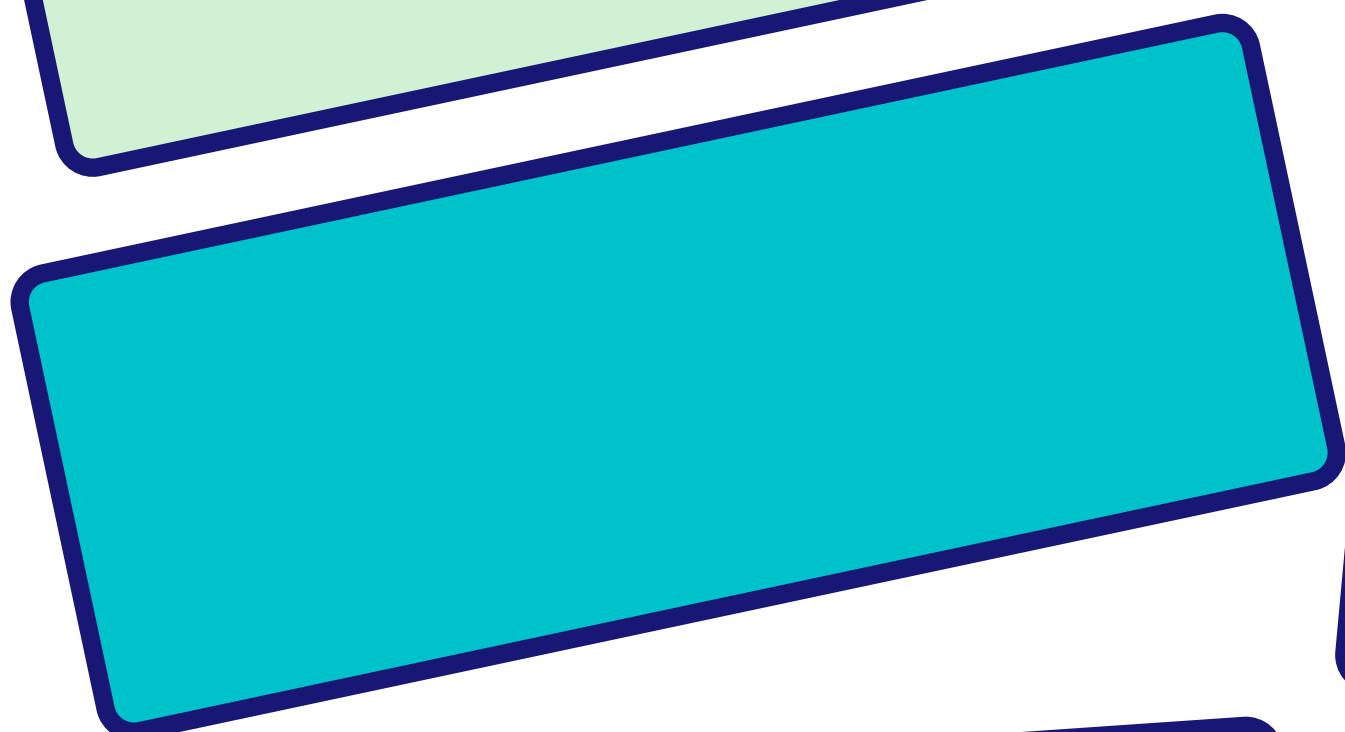
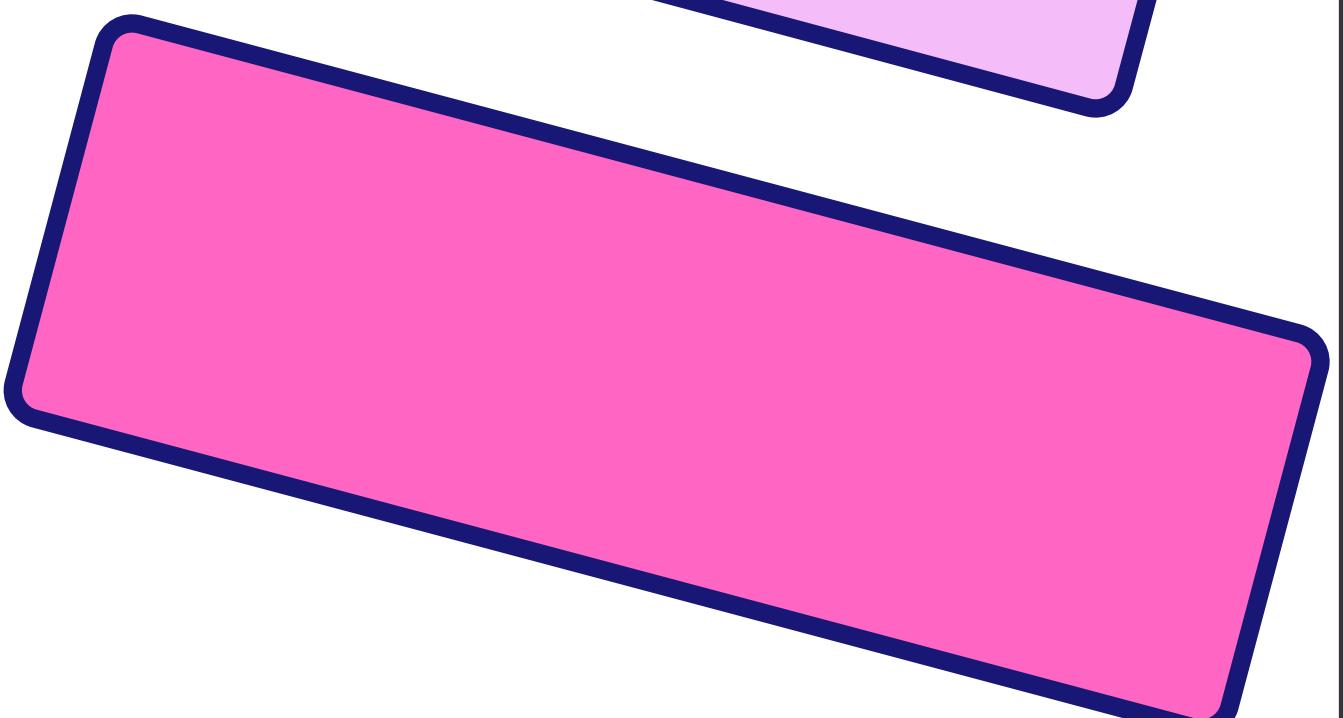
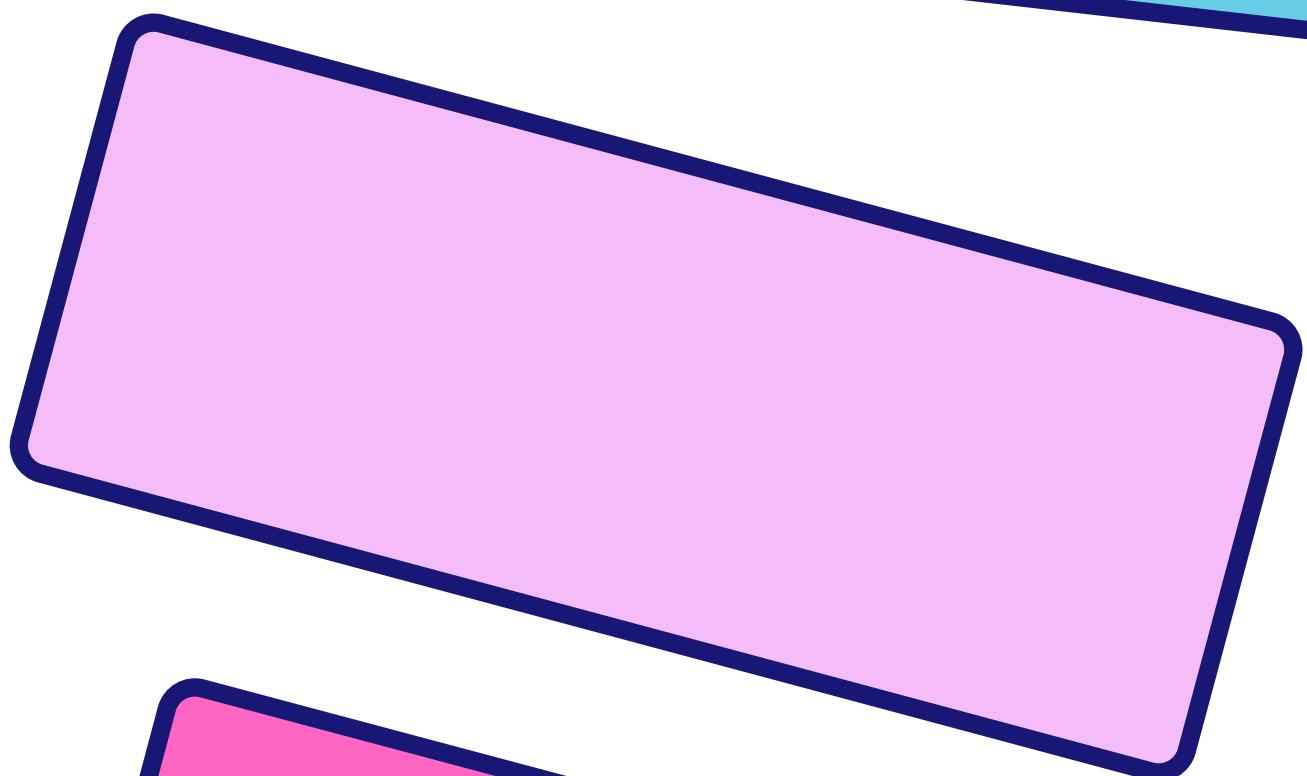
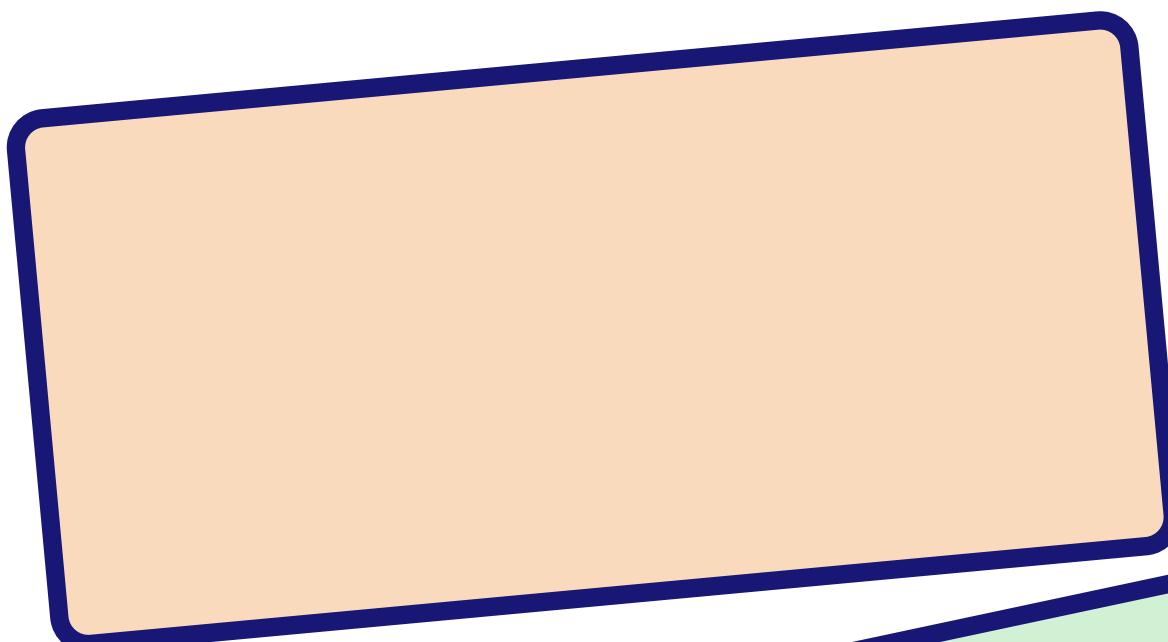
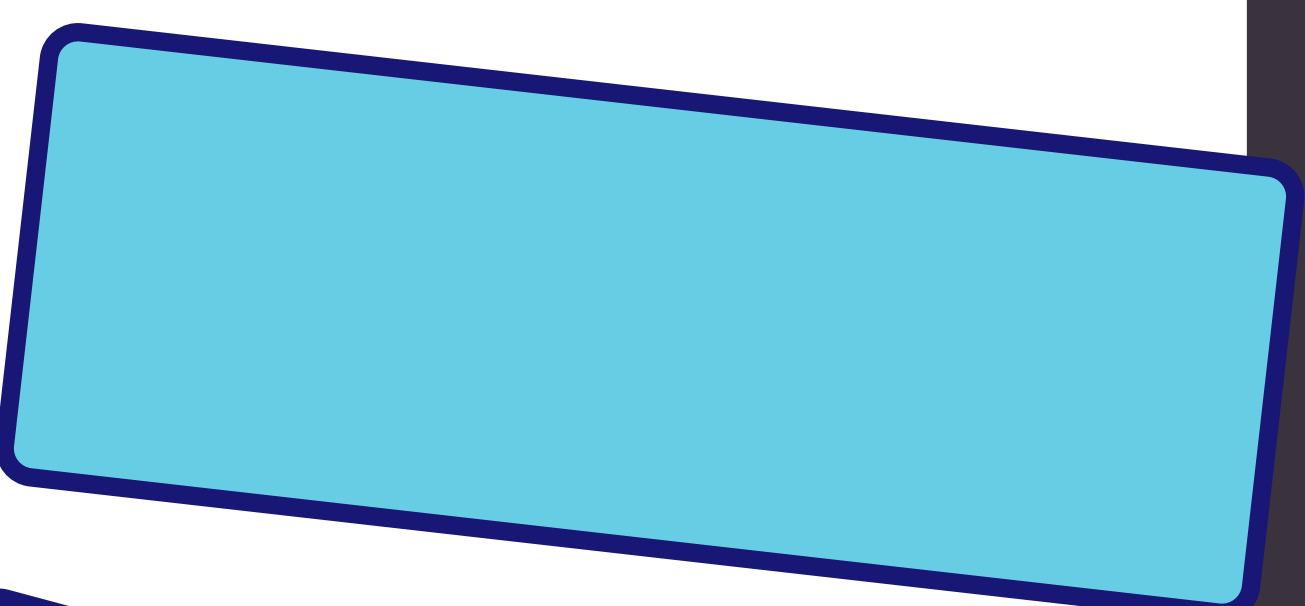
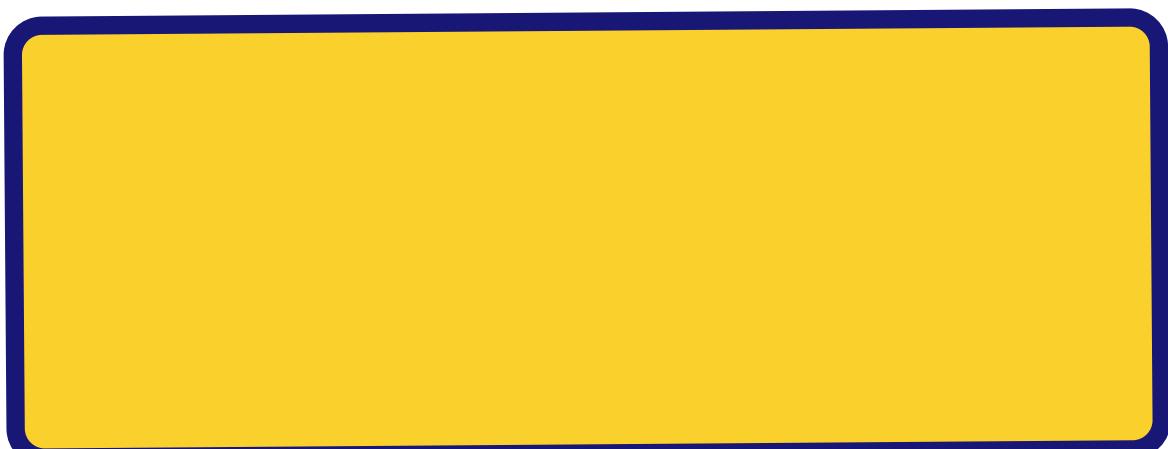


Bonne nuit





ROUTINES DU MATIN





ROUTINES DU SOIR

