

# LITTLE HEARTS, BIG ROUTINES

SIMPLE RHYTHMS FOR GROWING RESPONSIBILITY, CONNECTION & FAITH

## Little routines can shape little hearts.

Little Hearts, Big Routines was created to help make the everyday rhythms of family life a little more peaceful, purposeful, and Christ-centered. Whether you're getting ready for the day, winding down for bedtime, or creating a rhythm all your own, these simple charts give little ones a gentle way to practice responsibility while making room for connection, encouragement, and God's Word along the way.

### INSIDE YOU'LL FIND

- 01 Morning + Bedtime Editable Rhythms**  
Customize the eight steps to fit your family's routines.
- 02 Your Rhythm Here**  
Create a routine all your own—for after school, homeschool, getting ready for church, or whatever rhythm serves your family.
- 03 Ready-to-Print Morning + Bedtime Rhythms**  
Prefer to keep it simple? Print these and start using them right away.

### HOW TO USE

#### Edit • Print • Check • Repeat

Customize if you'd like, print your chosen page, and let your little one use checkmarks or stickers as they move through each step.

Keep it gentle—the goal isn't a perfectly completed list. It's helping little hearts grow through the ordinary moments you already share.



Little steps. Growing hearts.  
Jesus in the everyday.

# A Gentle Morning Rhythm

THIS ROUTINE BELONGS TO: \_\_\_\_\_

Edit the routines below, then print and use checkmarks or stickers as you go.

|   |  |  |
|---|--|--|
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |



## LITTLE LOTTIE REMINDER

"This is the day the LORD has made;  
let's rejoice and be glad in it."

PSALM 118:24 - CSB

# A Peaceful Bedtime Rhythm

THIS ROUTINE BELONGS TO: \_\_\_\_\_

Edit the routines below, then print and use checkmarks or stickers as you go.

|   |  |  |
|---|--|--|
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |



## LITTLE LOTTIE REMINDER

"I will both lie down and sleep in peace,  
for you alone, LORD, make me live in safety."

PSALM 4:8 - CSB

## LITTLE HEARTS, BIG ROUTINES

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# Your Rhythm Here

THIS ROUTINE BELONGS TO: \_\_\_\_\_

Edit the routines below, then print and use checkmarks or stickers as you go.

|   |  |                          |
|---|--|--------------------------|
| 1 |  | <input type="checkbox"/> |
| 2 |  | <input type="checkbox"/> |
| 3 |  | <input type="checkbox"/> |
| 4 |  | <input type="checkbox"/> |
| 5 |  | <input type="checkbox"/> |
| 6 |  | <input type="checkbox"/> |
| 7 |  | <input type="checkbox"/> |
| 8 |  | <input type="checkbox"/> |



### LITTLE LOTTIE REMINDER

“So, whether you eat or drink, or whatever you do,  
do everything for the glory of God.”

1 CORINTHIANS 10:31 - CSB



# A Gentle Morning Rhythm

A ready-to-print rhythm for ordinary moments of faith, connection, and responsibility.

- 1 Wake up & thank God for a new day ☐
- 2 Eat breakfast ☐
- 3 Brush teeth ☐
- 4 Get dressed ☐
- 5 Make your bed ☐
- 6 Say today's memory verse ☐
- 7 Pack what you need ☐
- 8 Choose one way to show kindness today ☐



## LITTLE LOTTIE REMINDER

"This is the day the LORD has made;  
let's rejoice and be glad in it."

PSALM 118:24 - CSB

# A Peaceful Bedtime Rhythm

A ready-to-print rhythm for ordinary moments of faith, connection, and responsibility.

|   |                        |                          |
|---|------------------------|--------------------------|
| 1 | Eat dinner             | <input type="checkbox"/> |
| 2 | Talk about Jesus       | <input type="checkbox"/> |
| 3 | Take a bath            | <input type="checkbox"/> |
| 4 | Put on pajamas         | <input type="checkbox"/> |
| 5 | Brush teeth            | <input type="checkbox"/> |
| 6 | Read a nighttime story | <input type="checkbox"/> |
| 7 | Say bedtime prayers    | <input type="checkbox"/> |
| 8 | Rest & go to sleep     | <input type="checkbox"/> |



## LITTLE LOTTIE REMINDER

"I will both lie down and sleep in peace,  
for you alone, LORD, make me live in safety."

PSALM 4:8 - CSB