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

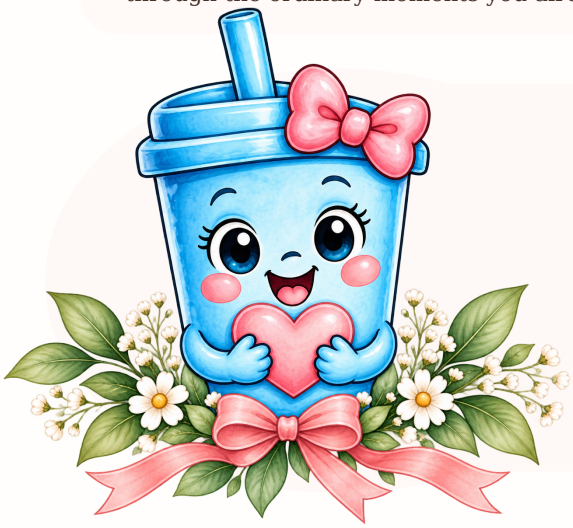
Prefer to keep it simple? Print these and start using them right away.

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 Little Coffee & A Latte Jesus

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

Your Rhythm Here

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

"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
2. Talk about Jesus
3. Take a bath
4. Put on pajamas
5. Brush teeth
6. Read a nighttime story
7. Say bedtime prayers
8. Rest & go to sleep

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