

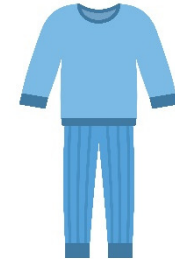
Sleep well take home activity



Create a bedtime routine using the cards provided. You can personalise your routine by using the blank cards. Add a sticker to each task as it is completed.



Tidy toys



Put on night clothes



Brush teeth



Brush hair



Read a story



Go to sleep

