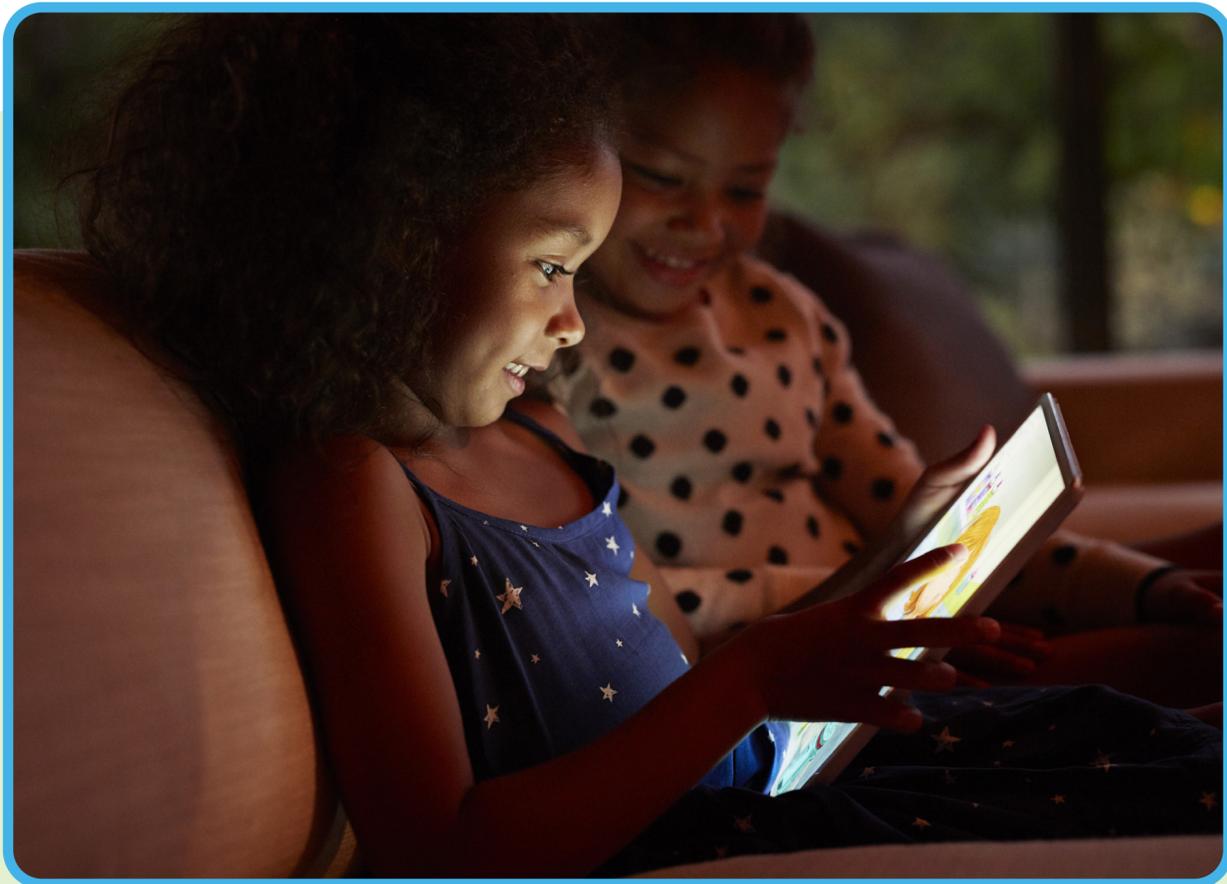


A young boy in blue pajamas with a pattern of small figures is brushing his teeth in a white bathroom sink. A dog is sitting on the floor in front of the sink, looking up at the boy. The background shows a white tiled wall and a mirror above the sink. The scene is brightly lit, suggesting a clean and fresh environment.

Prepare to Restore Your Energy

Abby played her favorite game on her tablet right until bedtime. She quickly brushed her teeth and washed her face. When she turned the lights off, she couldn't fall asleep.



Marty played on his tablet for 30 minutes and got ready for bed, leaving enough time to read his library book before bedtime. When it was time to turn out the lights, Marty quickly fell asleep.



Bedtime Routines

Bedtime routines are important for a good night's sleep. Bedtime routines help you wind down from the day.



Bedtime Routines

There are many things you can include in your bedtime routine to help you get a good night's sleep:



Read a book.



Take a bath
or shower.



Listen to
quiet music.



Draw or
color.



WHAT WILL YOU DO FOR YOUR BEDTIME ROUTINE?

What's Your Routine?

Create your own bedtime routine and see how often you can follow the steps



Name _____

Bedtime Routine

Create your own custom bedtime routine! Cut out the healthy choices you would like to make before bedtime. In the blank squares, arrange and glue your choices in the order you wish to complete them each night. At the bottom of the page, mark off each night you follow your bedtime routine.

Step 1 goes here!	Step 2 goes here!	Step 3 goes here!	Step 4 goes here!	Step 5 goes here!
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Did you complete your bedtime routine?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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Music icon, Take a bath icon, Brush teeth icon, Set an alarm icon, Good night icon, Make your own! arrow

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