

Create Your Bedtime Routine

Cut out the actions and stick them on a new piece of paper in the order you would like to do them to make your own bedtime routine. Can you think of some of your own to draw?

 <p>Brush your teeth</p>	 <p>Put your pyjamas on</p>	 <p>Wash your face</p>
 <p>Tuck your toys in</p>	 <p>Stretch and yawn</p>	 <p>Plump up your pillow</p>
 <p>Do some star jumps</p>	 <p>Pat your head and rub your tummy</p>	 <p>Touch your toes</p>

An Extra Challenge...

Share or talk about your own bedtime story with your family