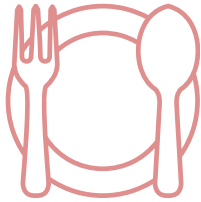


# My Sleep Routine



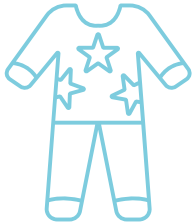
1. Eat your dinner



2. Turned off screens 1 hour before bed



3. Tidy toys away



4. Put your pyjamas on



5. Brush your teeth



6. Get into bed



7. Read or listen to a bedtime story



8. Happy Breathing



9. Share one thing we're grateful for

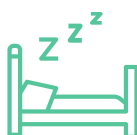


10. Lights off



Let's use this handy checklist to help us sleep!

# My Sleep Routine

1 ----- -----	2 ----- -----	3 ----- -----
4 ----- -----	5 ----- -----	6 ----- -----
7 ----- -----	8 ----- -----	9 ----- -----
10 ----- -----	 <p>Let's use this handy checklist to help us sleep!</p>	