



MY GOING TO BED ROUTINE

I CAN DO IT!



1

BATH & FRESHEN UP



- ☐ Take a bath or shower
- ☐ Put on pajamas
- ☐ Brush my hair
- ☐ Brush teeth
- ☐ Floss

I feel fresh,
clean and
ready for bed!



2

GET READY FOR TOMORROW



- ☐ Pack my backpack
- ☐ Check my homework

Being prepared
helps me feel
confident
in the morning!



3

GOOD NIGHT HUGS



- ☐ Give hugs and kisses
- ☐ Say Shema
- ☐ Have a good night!

Love makes
every night
better!



SWEET DREAMS!

