My Bedtime Checklist!
It’s great to have a bedtime routine! This helps our minds and bodies prepare for a good night’s sleep. Create your own checklist below!

_______’s Bedtime Checklist

☐ Step 1: __________________________
☐ Step 2: __________________________
☐ Step 3: __________________________
☐ Step 4: __________________________
☐ Step 5: __________________________
☐ Step 6: Go to sleep!