

Little Lincoln's Fireside Tales: Night

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!