

Checklist for bed time

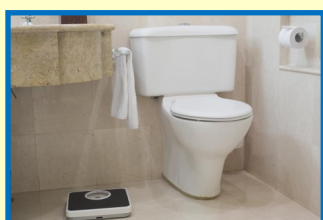
1 Put my pyjamas on



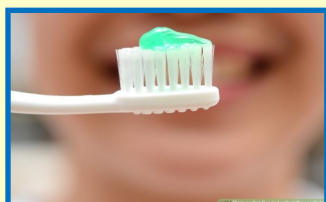
tick



2 Go to toilet



3 Brush my teeth



Take my tablet

4



5 Take a sip of water



6 Set my alarm clock



7 Pull over my curtains



Turn on night light

8



Switch off big light

9



Sleep

10

