



Having a Good Sleep...

*Before I go to bed,
there are things I can do to get ready.*



Doing them will help me have a good sleep.

I can....



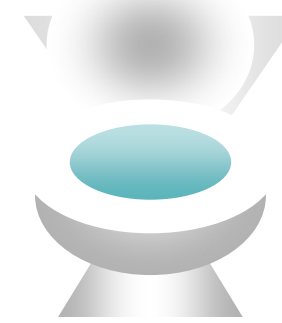
brush teeth



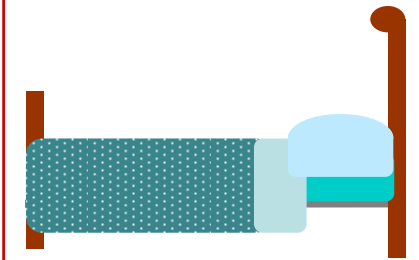
take a bath



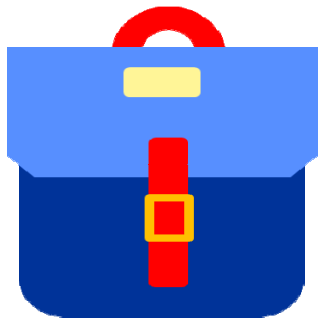
**wash face
and hands**



use the toilet



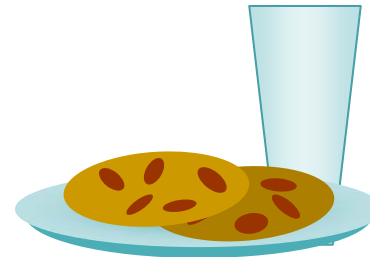
get into bed



pack backpack



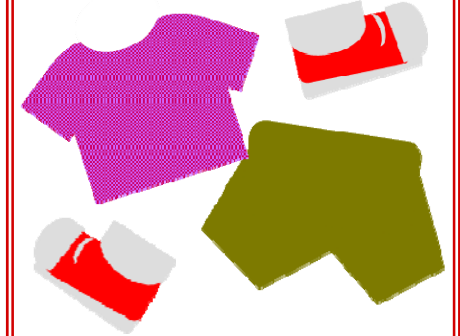
go to sleep



have a snack



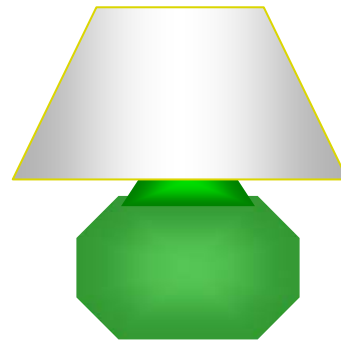
read a story



**Choose tomorrow's
clothing**



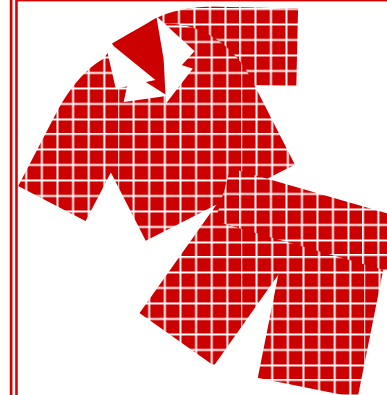
**set alarm
clock**



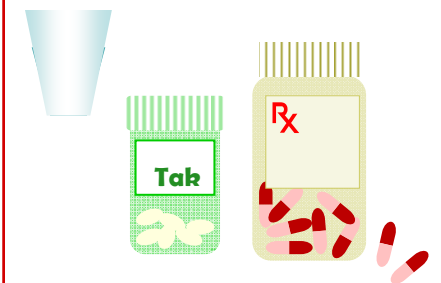
**turn off
lights**



**say
good night**



put on pajamas



take medicine