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....
Tak
Good night!

brush teeth

pack backpack

set alarm clock

take a bath
go to sleep
turn off lights

wash face and hands

have a snack

say good night

use the toilet

read a story

put on pajamas

get into bed

Choose tomorrow’s clothing

say good night

put on pajamas

take medicine

Choose tomorrow’s clothing