

Bedtime Routine

Tick each step when it is done.

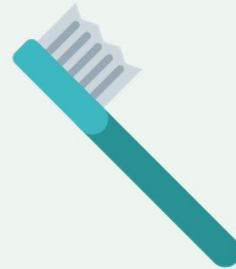
1



Wash up

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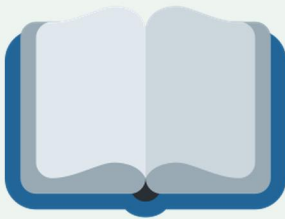
2



Brush teeth

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3



Read a book

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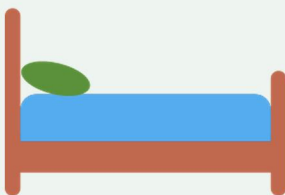
4



Lights off

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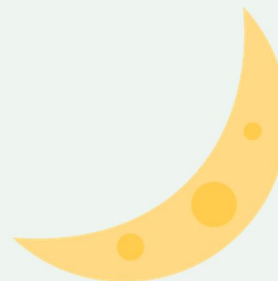
5



Get into bed

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6



Time to sleep

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