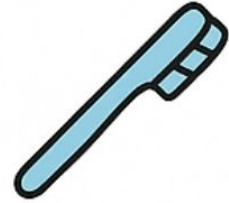


Name: _____ Date: _____ Class: _____

z z Z **GOOD NIGHT ROUTINE CHECKLIST**

A good night's sleep keeps me healthy!

Brushed my teeth.



Changed into nightwear.



Packed my school bag.



Read a bedtime story.



Went to bed on time.

