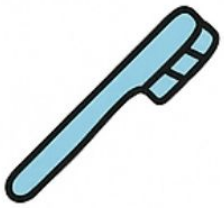
👧 Name: _____ 📅 Date: _____ 🎓 Class: _____

# 💤 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. 



This worksheet is from KidsNest.in