| 🧟 Name: | 77 Date: | 🞓 Class: | |
|---------|----------|----------|--|

zz 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 | 1 |

on time.

