

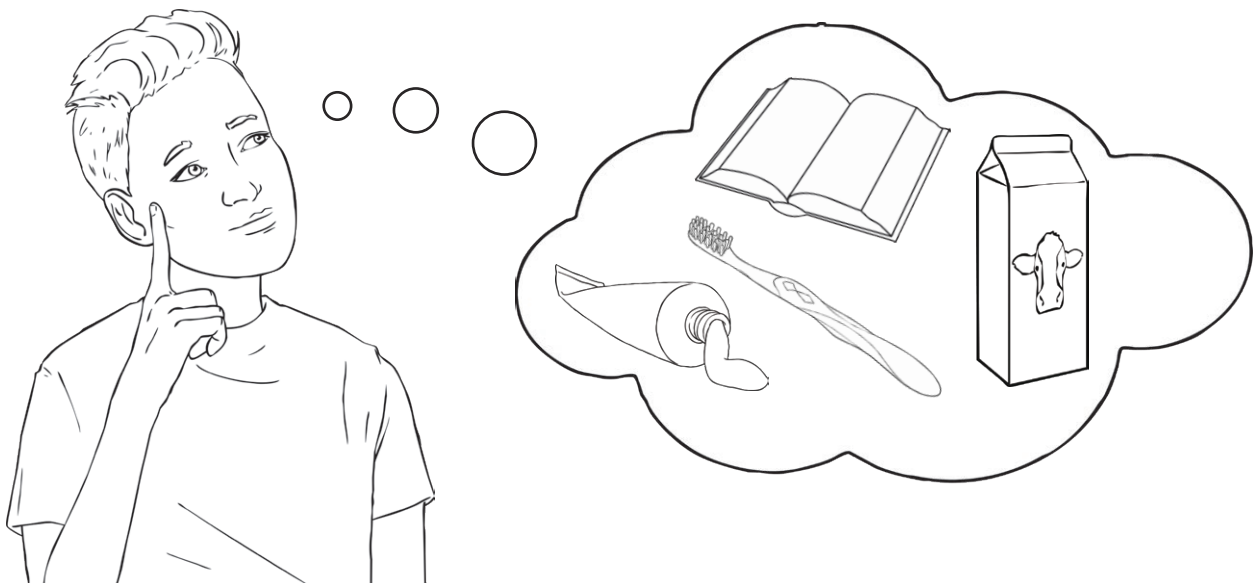
Bedtime Routine

A bedtime routine checklist for _____.

Before going to bed, remember to:

When dropping off to sleep, try to:

When dropping off to sleep, remember not to:



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).