

MY BEDTIME ROUTINE

Ready for a good night's sleep!

- **Pick up my toys** Everything back in its home

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- **Put on pajamas** Cozy and comfortable

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- **Brush my teeth** 2 minutes for a sparkly smile

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- **Go to the potty** One last time before bed

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- **Read a story** Pick one favorite book

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- **Tuck in & Goodnight** Sweet dreams!

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"I am brave, I am kind, and I am loved."