

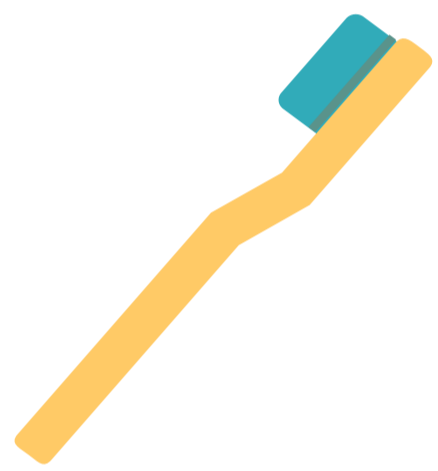


Bedtime Routine

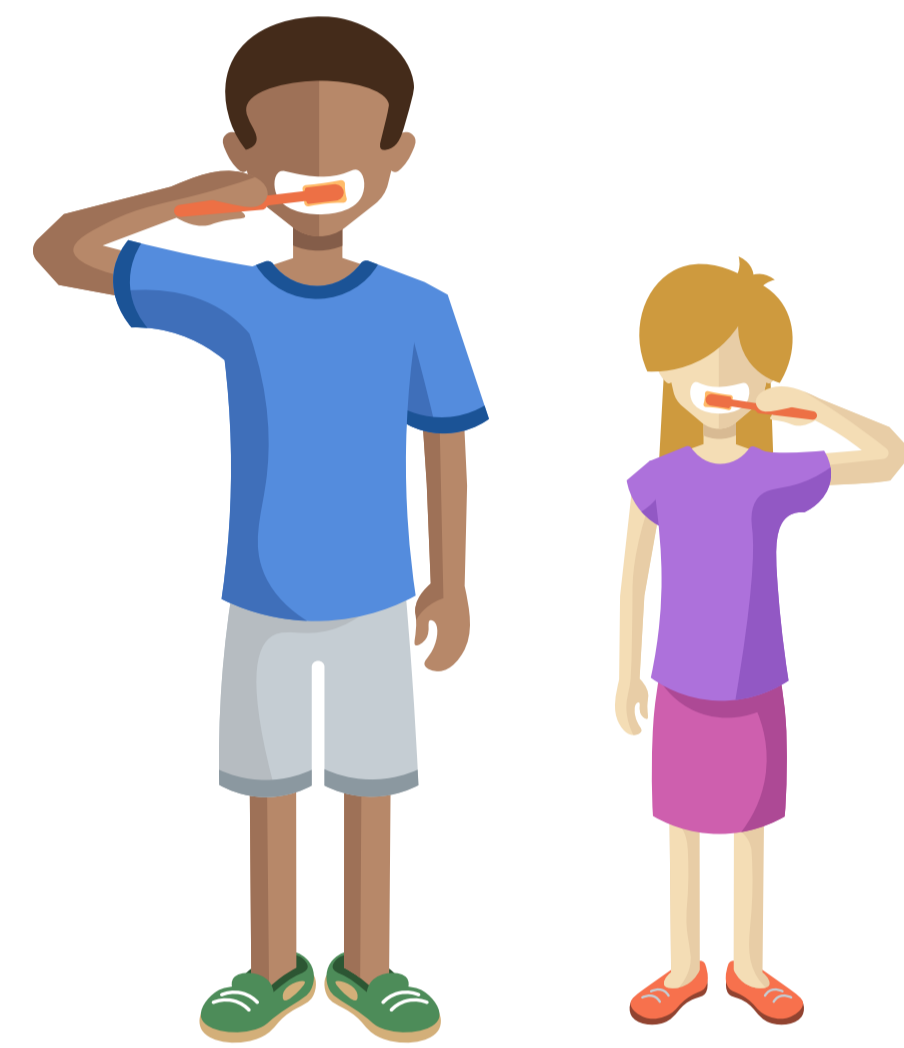


Take a bath or shower

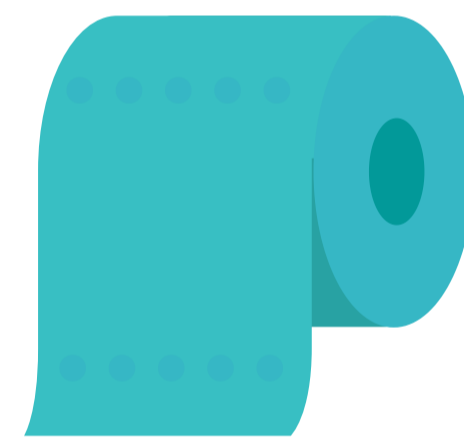
Put on your pj's



Brush your teeth

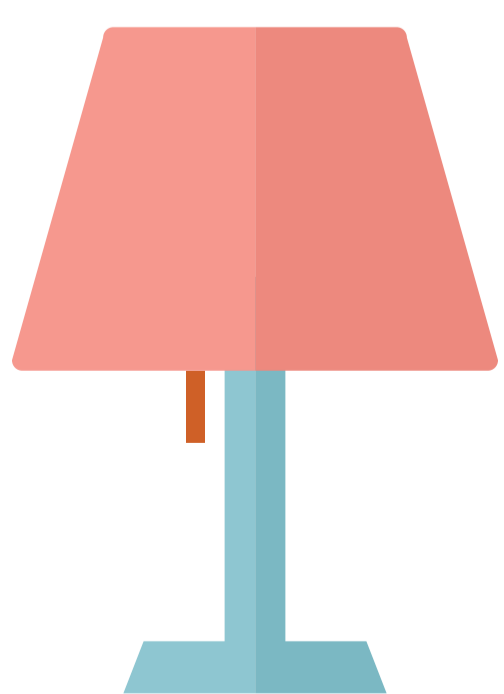


Use the bathroom



Turn off TV, put your phone away

Read a book



Turn off the light