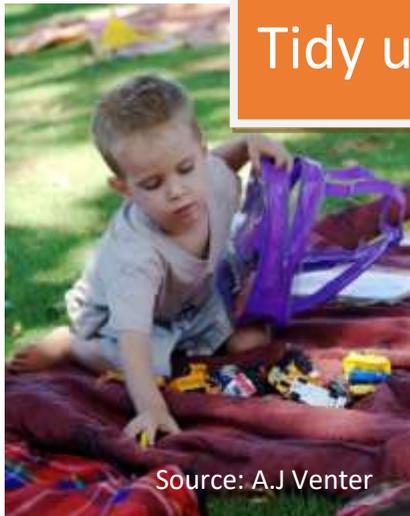


EY Resource

Look at the pictures of some of the things you might do as part of your bedtime routine. What do you normally do at bedtime before you go to sleep? Did your bedtime routine change when schools closed? How? What time do you normally go to bed? Do you go to bed at the same time or a different time when you don't have to go to school the next day?

Our Bedtime Routine

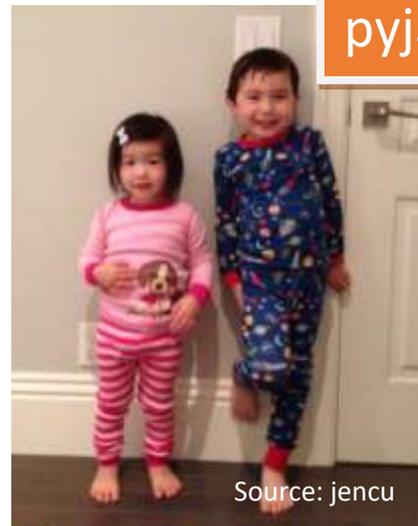
Brush our teeth



What do you do first?



Put on your pyjamas



Have a bath

