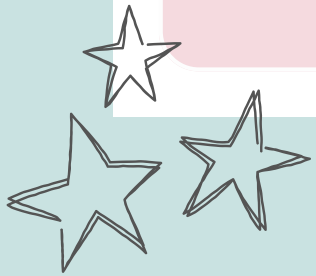


Bedtime Routine



.....

SOPHIE SLEEP



Colour, cut & stick to create your own bedtime routine!



Pyjamas



Teeth



Story



Music



Potty or toilet



Snack



Water



Milk



Cuddle/kiss



Teddy



Night
light on



Hair



Bath



Lights off



SOPHIE SLEEP