

BEDTIME ROUTINE CHART

A peaceful routine to help your child relax and feel ready for sleep.



I put my toys away.



I wash my body and relax.



I put on my pajamas.



I brush my teeth.



I read or listen to a story.

Peaceful Reading & Breathing Time

A short nighttime moment to help your child relax,
feel safe, and prepare for sleep.

**Bloo Gecko slows down as
the day ends.**

**He takes a deep breath and
feels calm and safe.**

**The night is quiet, and the
stars shine softly.**

**Bloo Gecko smiles and
whispers, “Goodnight.”**

