

My Daily Helper

Pink Bunny & Friends

My Bedtime Routine



**A Social Story About
Getting My Body Ready to Rest**

1

I Put My Toys Away



At night I finish daytime activities and put away what I was using.

Ask Together

What do you put away before bed?



I Check My Bedtime Plan



A picture schedule shows the steps that help my body get ready for sleep.

Ask Together

What is on your bedtime plan?



I Wash Up



I use the bathroom and wash my hands before bed.

Ask Together

What bathroom steps happen at night?



I Brush My Teeth



I brush my teeth so my mouth is clean while I sleep.

Ask Together

What helps you brush at night?



I Put On Pajamas



I choose comfortable sleep clothes and ask for help if needed.

Ask Together

What pajamas feel comfortable?



I Choose Comfort



I choose a safe comfort item, blanket, or night-light.

Ask Together

What helps your room feel cozy?



I Have Quiet Time



I may read, listen to a story, or sit quietly with someone I trust.

Ask Together

What quiet activity do you like?



I Breathe Slowly



I lie down and take slow breaths. I do not have to fall asleep right away.

Ask Together

Can you practice a bedtime breath?



I Rest My Body



I let my eyes close and my muscles become still.

Ask Together

What helps your body rest?



Good Night - I Did It!



Sleep helps my body and brain. Tomorrow is a new day with my Helper Friends.

Ask Together

What are you proud of tonight?

