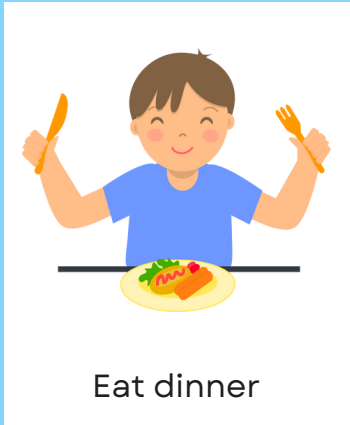




My Night Time Routine



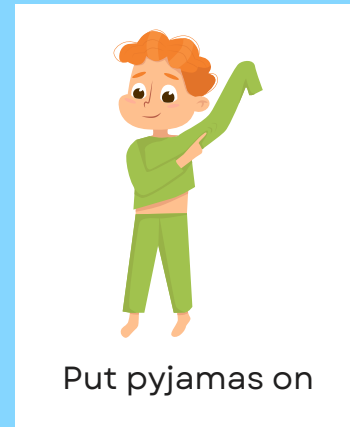
Eat dinner



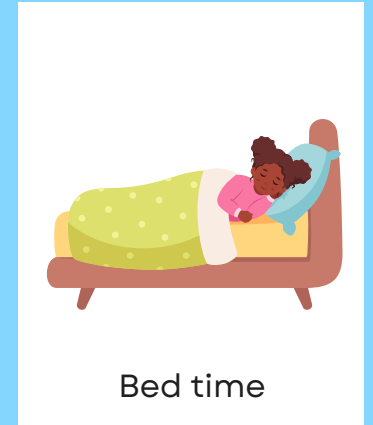
Quiet time



Brush teeth



Put pyjamas on



Bed time

Please note: This is an example of a night time routine that you might use with your child/ren. If your routine at home is different, you can print out a different picture and stick it over the top of one of these pictures. If you do things in a different order, you can cut these pictures up and move them around so they suit your routine.