



A calm body makes a calm brain. Check off each step as you get ready for sleep — Foxie will see you in dreamland.

TONIGHT'S STEPS

Tidy up toys
5 minutes — put things back home

Bath or shower
Warm water helps your body relax

Pajamas on
Soft and comfy

Brush teeth
2 minutes, top and bottom

Use the bathroom
One last trip

Quiet activity
Reading, drawing, or stretching

Lights low
Dim lamps tell your brain it's almost time

Cuddle & talk
Share one happy thing about today

Tuck in
Sleep tight!

One thing I'm grateful for tonight:

Quiet bodies make sleepy brains. Sweet dreams.