

# My Bedtime Routine

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Fill in the blanks below.

- Each night, before I go to bed, the first thing I do is \_\_\_\_\_.
- My favorite pajamas are \_\_\_\_\_.
- My favorite book or story to read is \_\_\_\_\_.
- I like to sleep with my \_\_\_\_\_.
- Each night I pray for \_\_\_\_\_.
- Sleep makes me feel \_\_\_\_\_.

