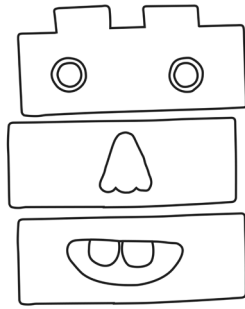


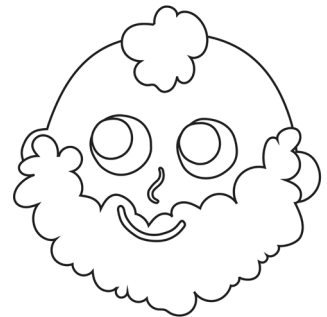
# Build your bedtime routine.



EAT DINNER



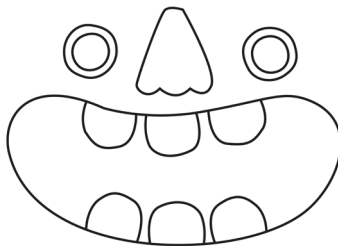
PUT AWAY TOYS



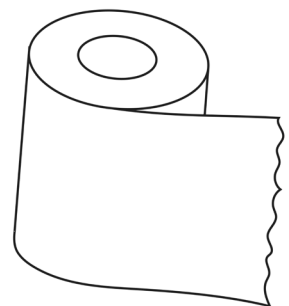
GET SQUEAKY CLEAN



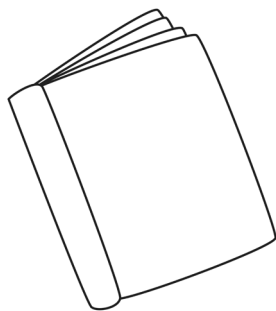
PUT ON PYJAMAS



BRUSH TEETH



TOILET TIME



READ A BOOK



NIGHT-NIGHT!

## Instructions:

Colour and cut out each step. Then stick them, in order, on your checklist. Follow it tonight, and every night, for the rest of your life!

Share your routine with us @grotoskincare!

# Bedtime checklist!

This belongs to: \_\_\_\_\_

