Level 1 · Emerging

Name: _____

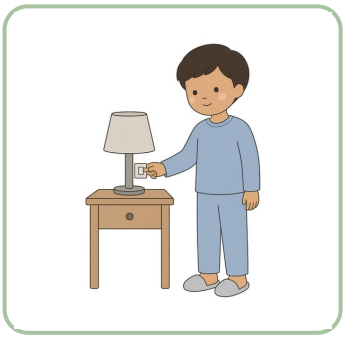
My Bedtime Routine

1 Circle the picture that matches the word.

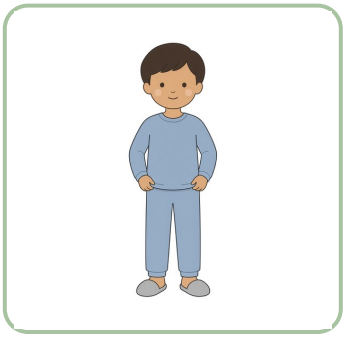
Take a bath







Read a story







Go to sleep







Level 1 · Emerging

Name: _____

My Bedtime Routine

2 Trace the words.



take a bath



read a story



go to sleep

3 Cut and glue. What comes first, next, last?

1 First

2 Next

3 Last

✂ Cut on the dashed lines.







Level 2 · Developing

Name: _____

My Bedtime Routine

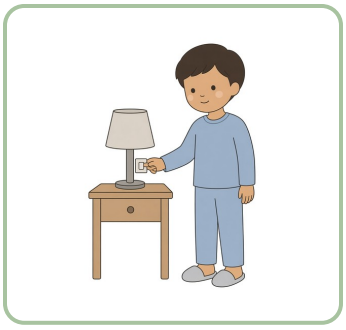
1 Number the pictures in order. Write 1 to 7.

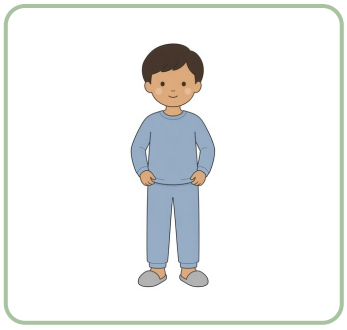

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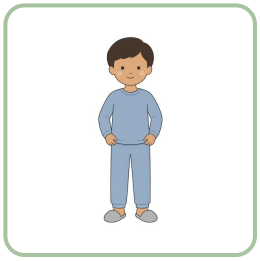

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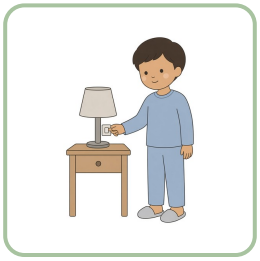

☐


☐

2 What comes next? Circle the picture.

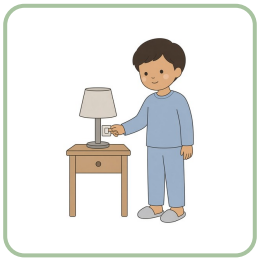

→ ?






→ ?





Level 2 · Developing

Name: _____

My Bedtime Routine

3 Match the picture to the word. Draw a line.



- Take a bath



- Read a story



- Put on pajamas



- Lights off

4 Fill in the missing word.

Word bank: read · brush · put

I _____ my teeth.

I _____ on my pajamas.

I _____ a story.

Level 3 · Applying

Name: _____

My Bedtime Routine

1 My bedtime routine. Draw or write 4 steps.

1

_____

2

_____

3

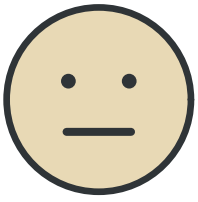
_____

4

_____

2 How did my bedtime feel? Circle one.

 Easy

 OK

 Hard

Level 3 · Applying

Name: _____

My Bedtime Routine

3 What do I do if...? Circle a good idea.

I can't fall asleep.



Take a deep breath



Hug my soft toy

I can: _____

The dark feels scary.



Turn on a night light



Ask for help

I can: _____

4 My checklist for tonight. Tick each step.



Take a bath ☐



Read a story ☐



Put on pajamas ☐



Lights off ☐



Brush teeth ☐



Go to sleep ☐



Use the bathroom ☐

Answers & tips for grown-ups

Answers

- Level 1, part 1 (circle): Take a bath; Read a story; Go to sleep.
- Level 1, part 3 (cut and glue): 1 take a bath, 2 read a story, 3 go to sleep.
- Level 2, part 1 (number), left to right: 5, 1, 7, 3 / 6, 2, 4.
- Level 2, part 2 (what comes next): put on pajamas; lights off.
- Level 2, part 3 (match): pajamas - Put on pajamas, lamp - Lights off, bath - Take a bath, book - Read a story.
- Level 2, part 4 (fill in): brush, put, read.
- Level 3: there are no wrong answers. Praise any safe, calm idea.

Tips

- Pick one level. Start with the easiest one, and stop while it is still fun.
- Read every word aloud. Point to each picture as you say it.
- Give extra time. Wait quietly before you help.
- Cutting and gluing can be done hand-over-hand or by a grown-up.
- Your child's real routine matters most. Change the order to match your home.
- Use the H5P games and audio on autistichub.com for more practice.