Thumbs up or thumbs down?

Is it a good idea? Circle thumbs up or thumbs down.



I put on my pajamas.



Yes



No

?

I jump on my bed at bedtime.



Yes



No



I can hug my soft toy.



Yes



No

?

I play loud games in bed.



Yes



No

Put the story in order

Cut out the pictures. Glue them in order.

1	2	3	4
First	Next	Then	Last

✂ Cut on the dashed lines.



I brush my teeth



I go to sleep



I read a story



I put on pajamas

Tell the story

Point to each picture. Say what happens.

First I … Next I … Then I … Last I …

My page

Draw you in bed with your soft toy.

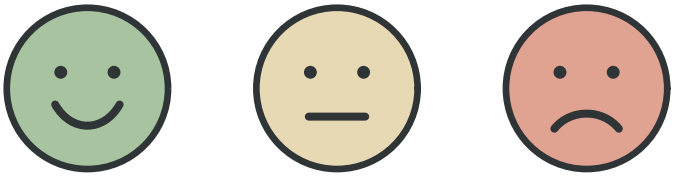
Draw me here

Trace the words.

I can get ready for bed.

I can get ready for bed.

How do I feel?



For grown-ups

Answers

Thumbs check:

Thumbs up - I put on my pajamas.
Thumbs down - I jump on my bed at bedtime.
Thumbs up - I can hug my soft toy.
Thumbs down - I play loud games in bed.

Story order:

1. I put on pajamas 2. I brush my teeth 3. I read a story 4. I go to sleep

How to use this story

- Use the same bedtime order every night. Dim the lights before the story.
- Pair it with the Bedtime Routine pack.
- Read the story before the real moment, when your child is calm.
- Let your child point, nod or use the thumbs cards to answer.
- Change any words to fit your home and your child.