



Cozy Bedtime Routine Tonight



After dinner, I feel full and happy.



I go to the bathroom with my mom.



I dry off and put on my cozy pajamas.



I brush my teeth with my blue
toothbrush.



I pick a book to read with Dad.



I listen to the story and feel calm.



After the story, I climb into my bed.



I close my eyes and think about my happy day.

Vocabulary

⇒ ■ Vocabulary:

1. Routine

- Things we do in the same order every time

2. Cozy

- Feeling warm and comfortable

3. Snug

- Feeling safe and wrapped up

4. Fresh

- Clean and new

5. Calm

- Feeling relaxed and peaceful

6. Story

- A tale or adventure we read or listen to

7. Comfy

- Very comfortable and soft

8. Safe

- Feeling protected and secure

Spellings

A: Routine

B: Routene

A: Bathroom

B: Bathrume

A: Pajamas

B: Pajams

A: Toothbrush

B: Tothbrush

A: Together

B: Together

A: Blanket

B: Blancket

A: Cozy

B: Cozzy

A: Happy

B: Hapy

Comprehension Questions

■ Topic: Cozy Bedtime Routine Tonight

Comprehension Questions (Choose the Best Answer)

1. What do you do after dinner to start your bedtime routine?

A: Go outside to play

B: Go to the bathroom with mom

2. How does the warm water feel on your skin?

A: Cold and uncomfortable

B: Nice and warm

3. What do you wear after drying off?

A: A swimsuit

B: Cozy pajamas

4. What color is your toothbrush?

A: Red

B: Blue

5. Who do you read a book with?

A: My teacher

B: Dad

6. How do you feel when Dad reads to you?

A: Scared

B: Calm

7. What do you do after the story is finished?

A: Stay up and watch TV

B: Climb into bed

8. What do you think about before falling asleep?

A: My happy day

B: Monsters under the bed

Open-Ended Questions

1. How do you feel when you start your bedtime routine?
2. What is your favorite part of getting ready for bed?
3. How does reading with Dad make you feel before sleep?
4. Why do you think having a cozy blanket helps you sleep better?
5. What do you like to think about as you fall asleep?