



“After a busy day, my body and mind need rest.”



“Bedtime helps me recharge so I can feel good tomorrow.”



“Getting ready for bed is a routine I can follow every night.”



“First, I can put away my toys and finish what I’m doing.”



“Then I can brush my teeth to keep them clean and healthy.”



“I can wash my face or take a bath to feel fresh.”



“I can change into my pajamas.”



“Sometimes I feel a little tired or cranky at bedtime.”



“It’s okay to feel that way. A deep breath can help me relax.”



“I can choose a quiet activity, like reading or listening to a soft story.”



“When it’s time to sleep, I can lie down in my bed.”



“I can close my eyes and let my body rest.”



“If my mind is busy, I can think of something calm—like stars or gentle waves.”



“If I need help, I can tell a parent or caregiver.”



“When I sleep, my body grows stronger and my mind gets clearer.”



“I can get ready for bed calmly, ending my busy day in a peaceful way.”



Vocabulary

- Routine

A: A set of steps I follow in the same order each day. (Correct)

B: Something I do only once in a while.

- Relax

A: To calm my body and mind. (Correct)

B: To run around and play loudly.

- Recharge

A: To rest so I have energy for the next day. (Correct)

B: To stay awake even longer.

- Quiet Activity

A: Something calming, like reading or listening to a story. (Correct)

B: Something loud and exciting.

- Peaceful

A: Calm and gentle. (Correct)

B: Busy and loud.



Spellings

A: Sleep (Correct)

B: Sleap

A: Bed (Correct)

B: Bedd

A: Kalm

B: Calm (Correct)

A: Teeth (Correct)

B: Teath

A: Nite

B: Night (Correct)



Comprehension

- Why do I need bedtime?
A: To rest my body and mind. (Correct)
B: To stay awake all night.

- What should I do before brushing my teeth?
A: Put away my toys. (Correct)
B: Play one more game.

- What can help me relax if I feel cranky?
A: Taking a deep breath. (Correct)
B: Jumping on the bed.

- What is a quiet activity I can do before sleeping?
A: Reading a book. (Correct)
B: Running around the room.

- What can I do if my mind feels busy at bedtime?
A: Think of calm things like stars or waves. (Correct)
B: Think about everything I did today.



Open-Ended Questions

- What part of your bedtime routine helps you feel calm?

- What quiet activity do you enjoy before sleeping?

- What helps your body feel ready for bed?

- How do you feel after a busy day?

Role-Play Activity

- **Scenario 1**

Playtime has ended and it's time to start the bedtime routine. → Practice putting toys away calmly.

- **Scenario 2**

You're brushing your teeth. → Practice doing it slowly and carefully.

- **Scenario 3**

You feel restless before bed. → Practice taking deep breaths and choosing a quiet activity.

- **Scenario 4**

You're ready to sleep. → Practice lying down, closing your eyes, and thinking calm thoughts.