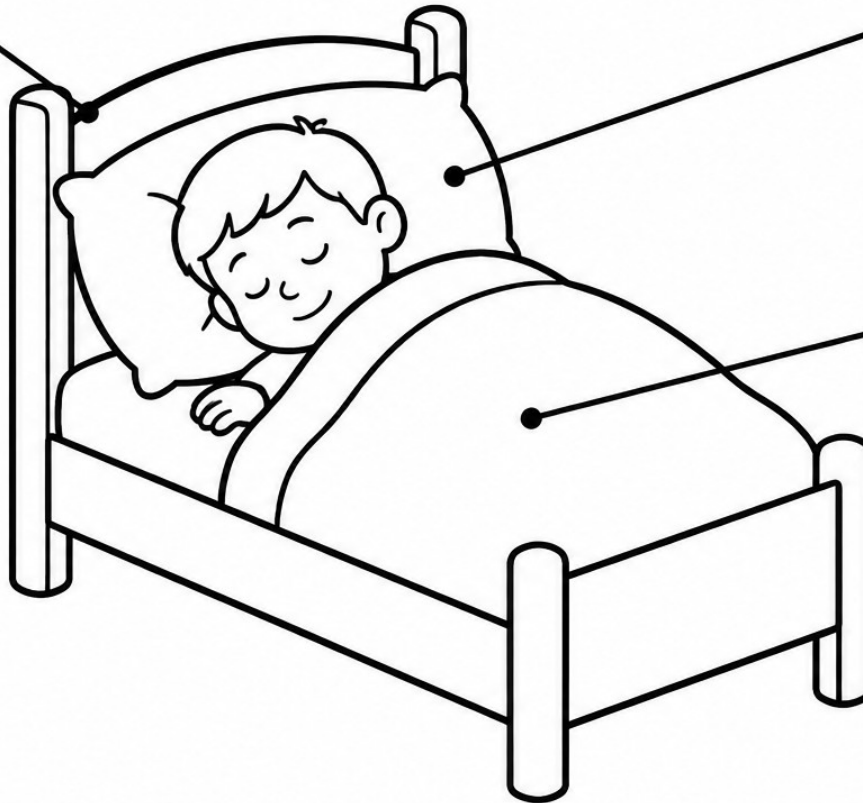


Trace the words. Then color the picture.

Name _____ Date _____

Cozy Bed for Sleeping

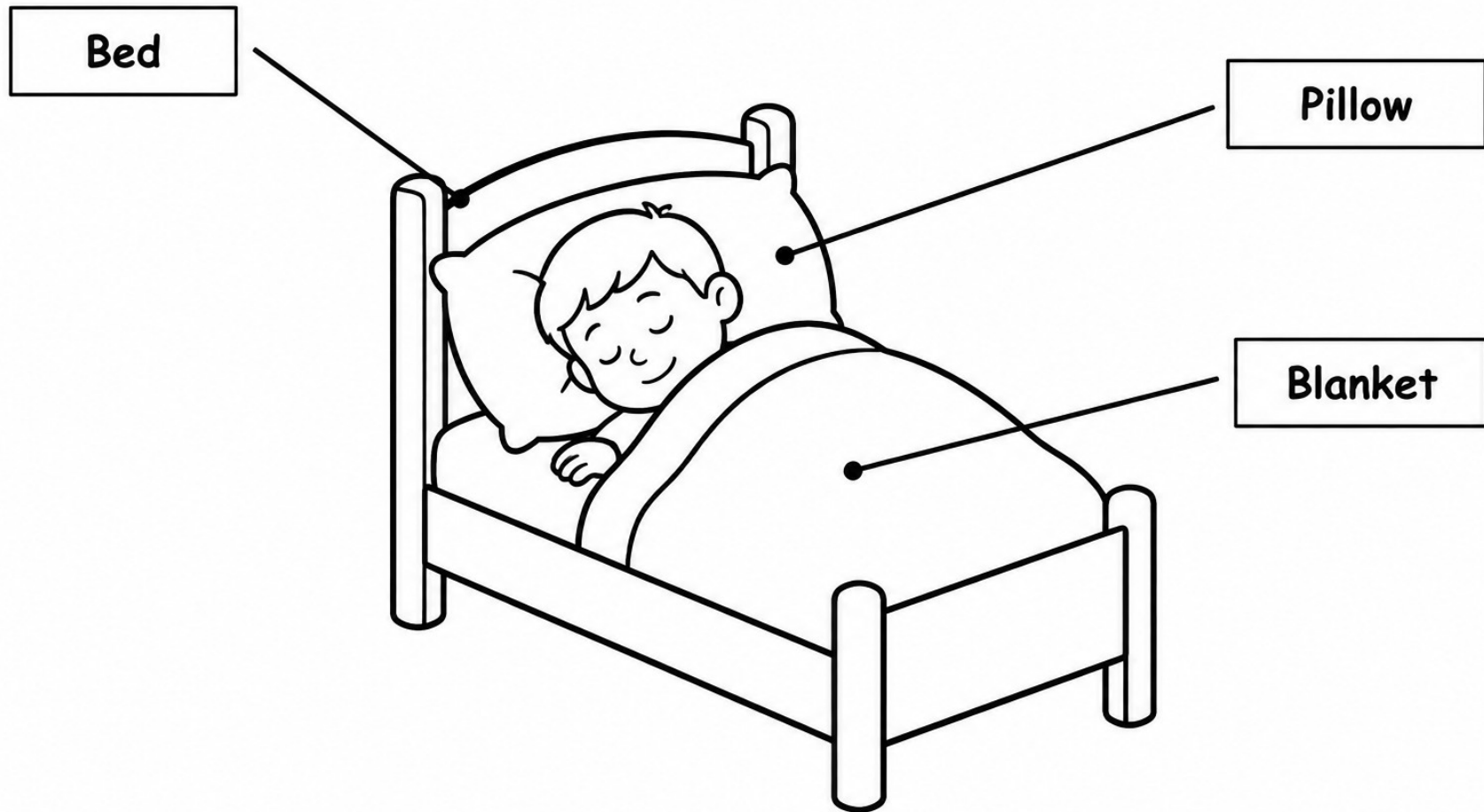
Bed



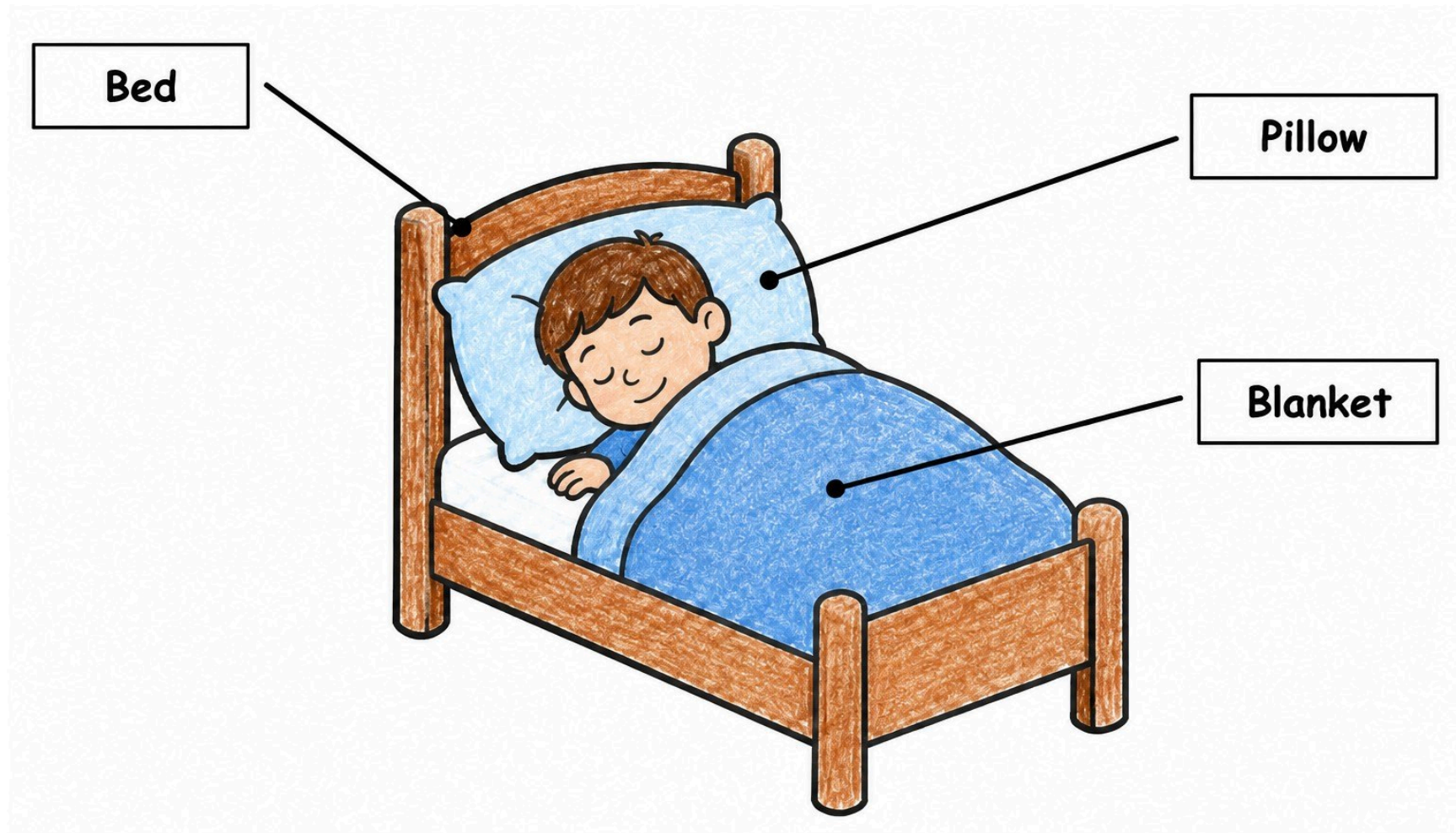
Pillow

Blanket

Cozy Bed for Sleeping



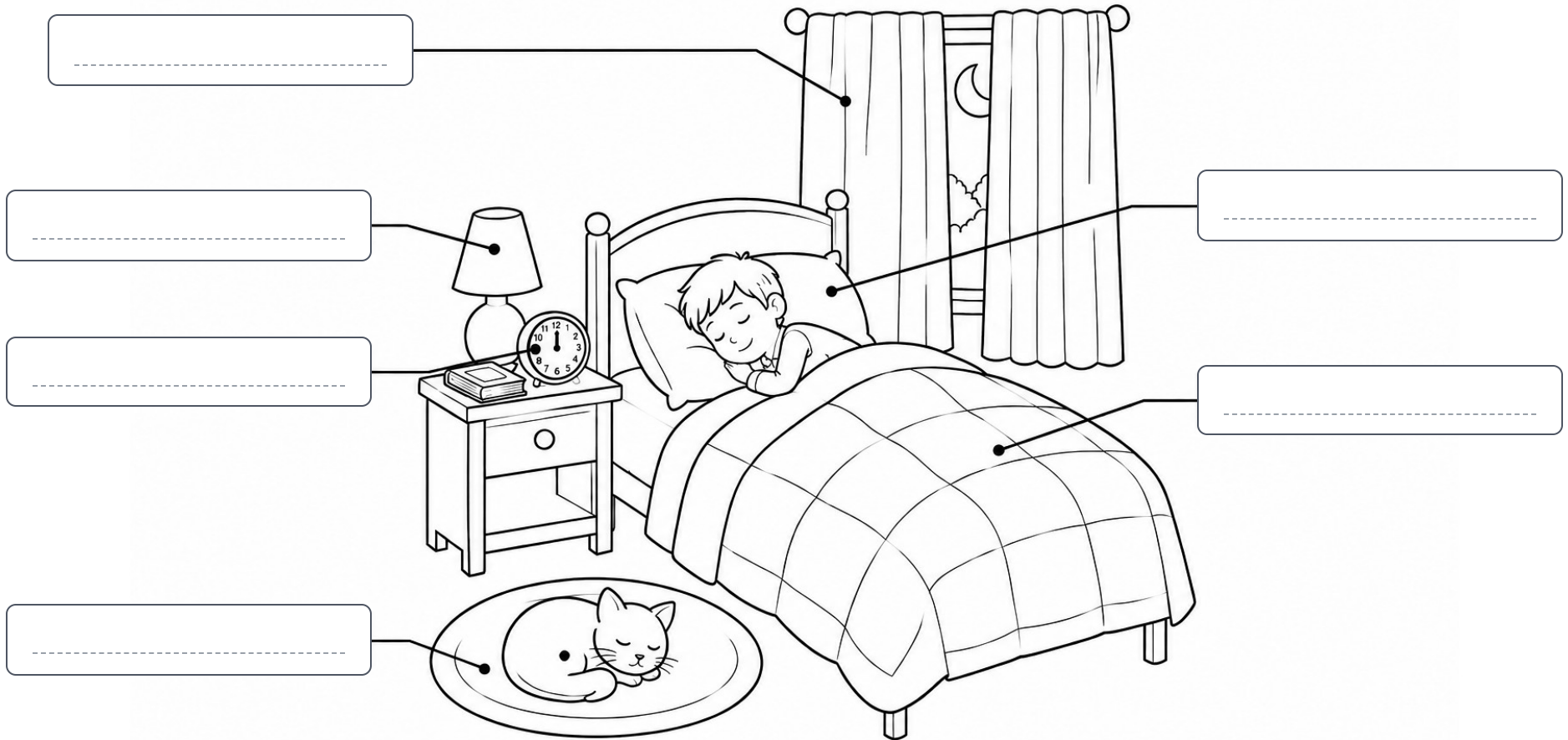
Cozy Bed for Sleeping



Write the missing words. Use the word bank.

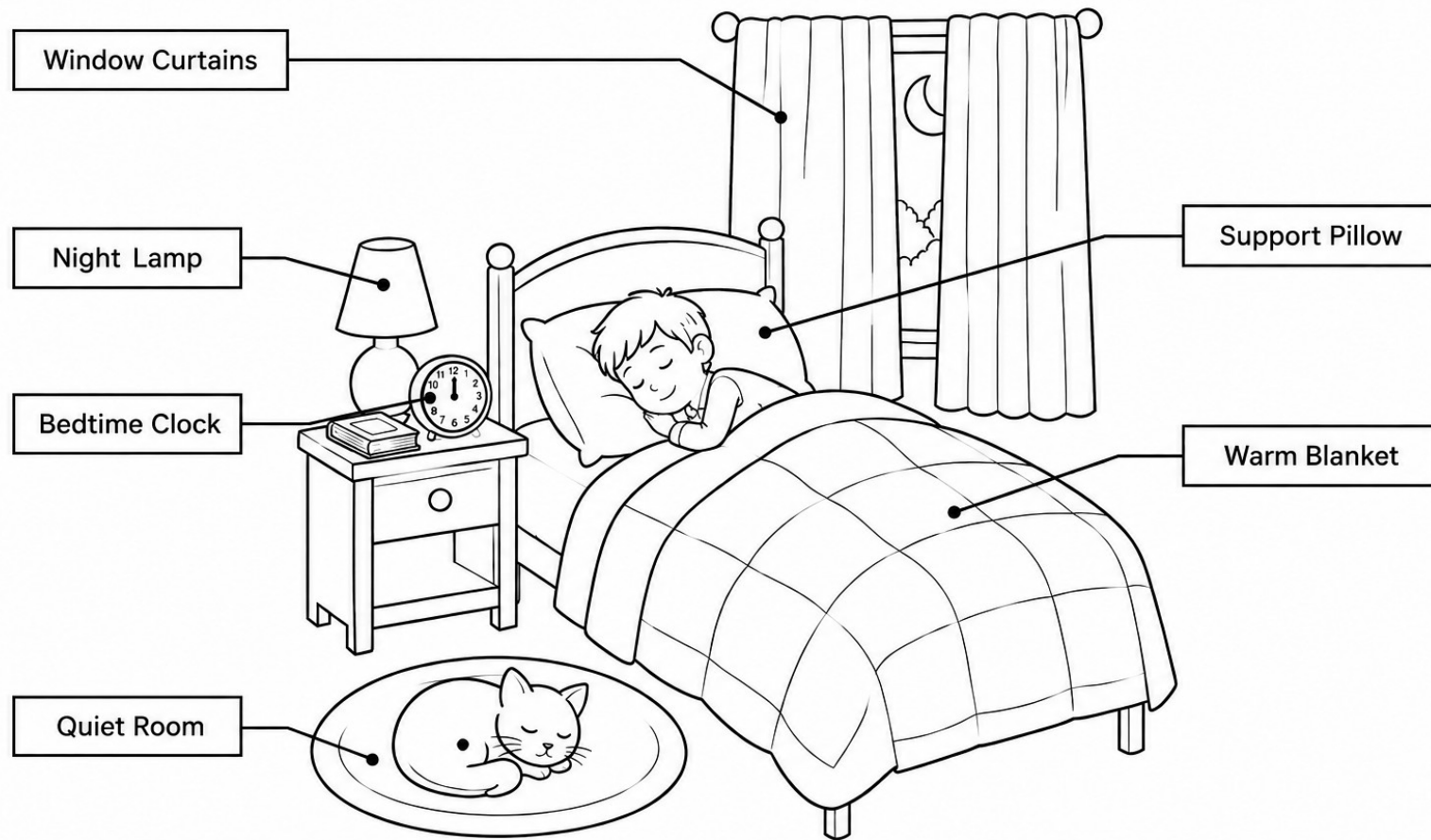
Name _____ Date _____

A Restful Bedroom Environment

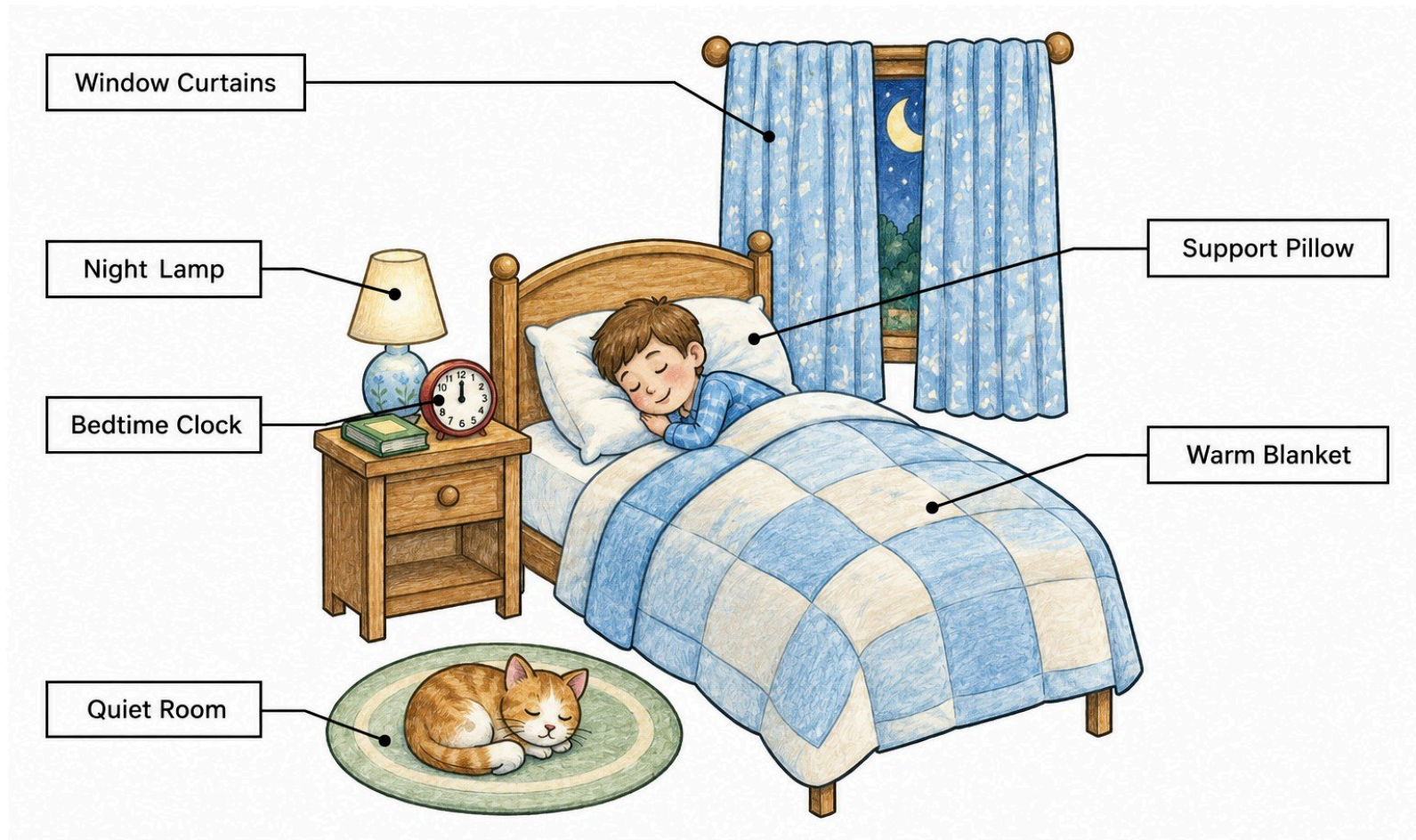


WORD BANK Bedtime Clock • Window Curtains • Night Lamp • Support Pillow • Warm Blanket
• Quiet Room

A Restful Bedroom Environment



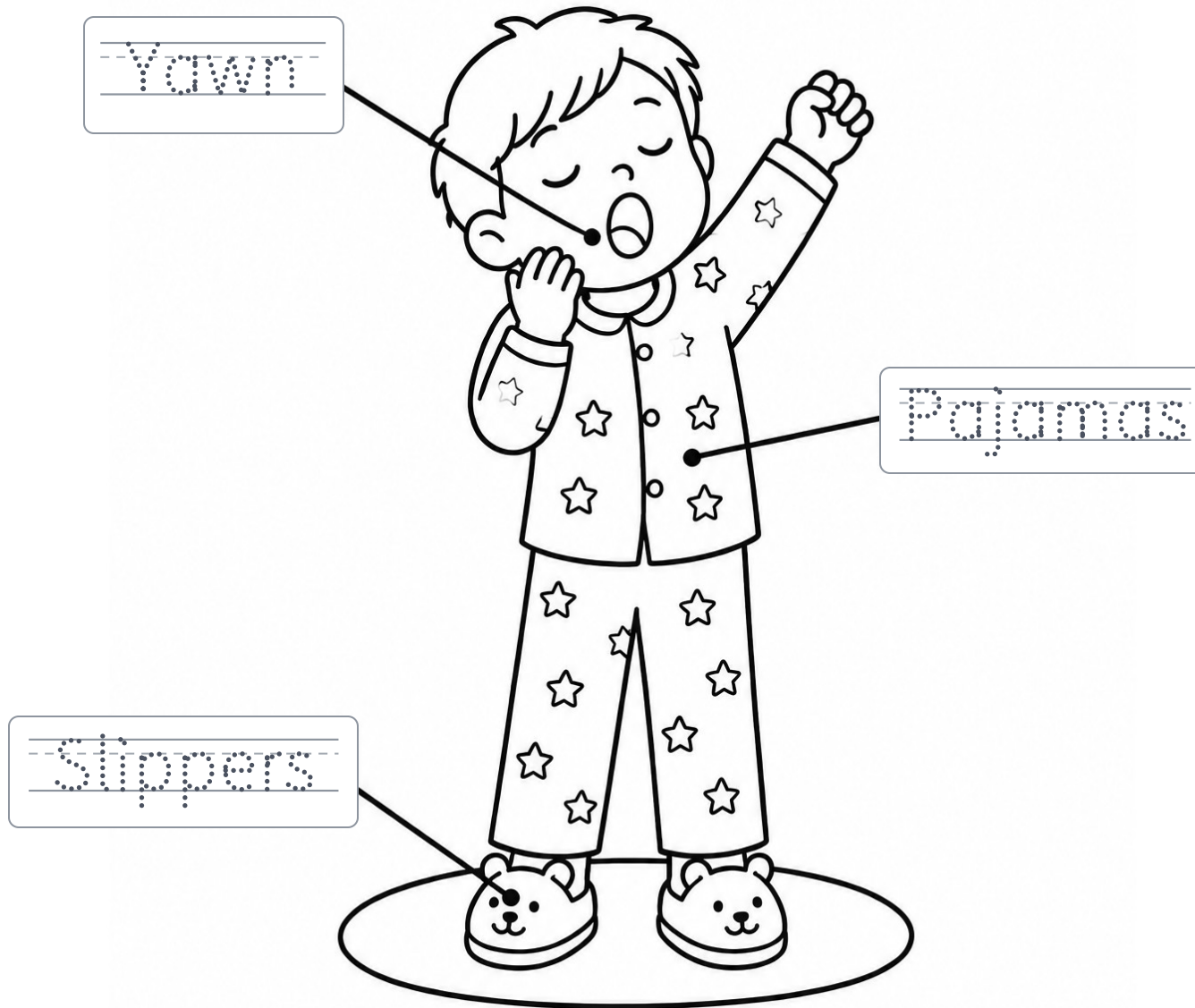
A Restful Bedroom Environment



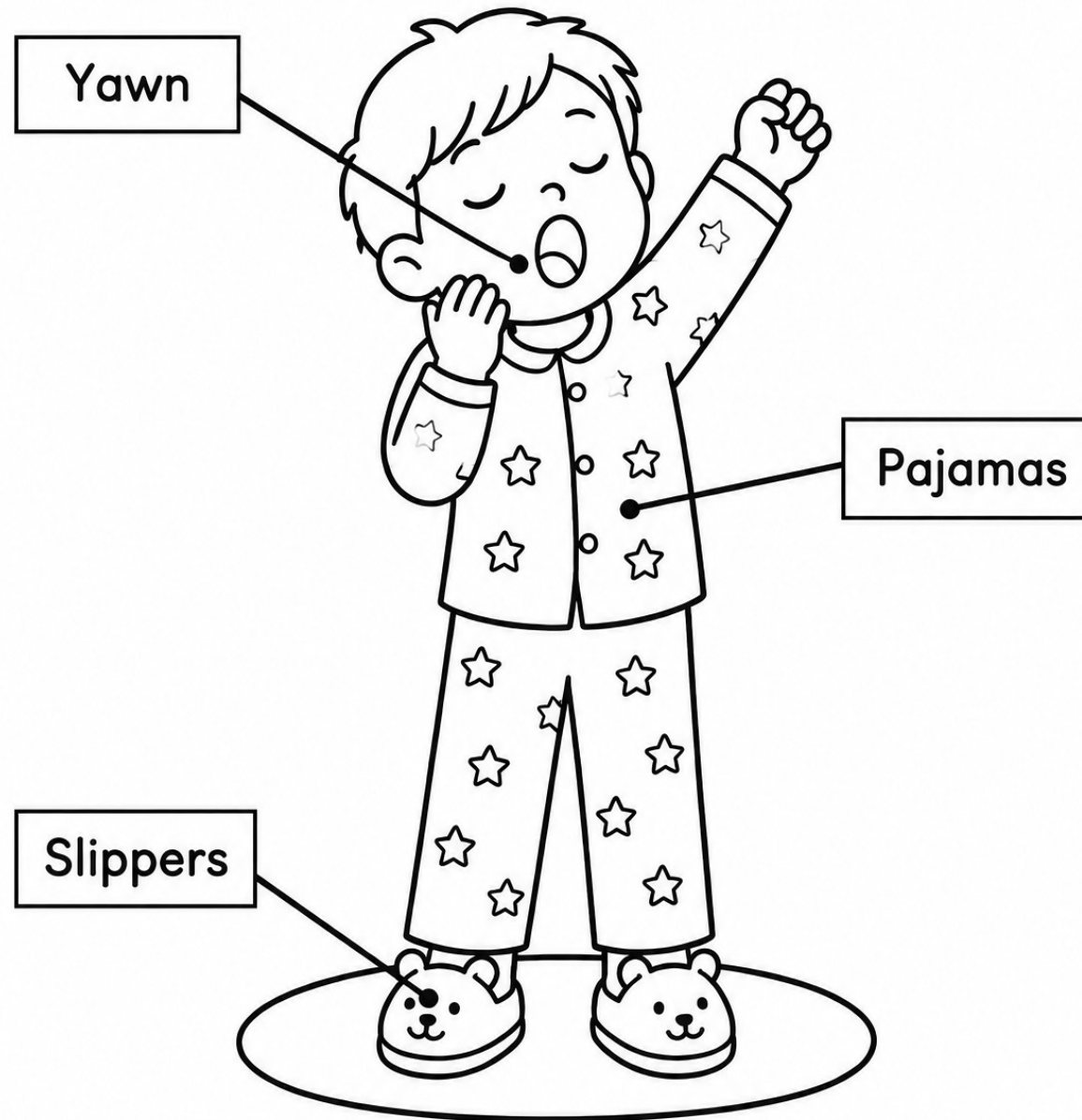
Trace the words. Then color the picture.

Name _____ Date _____

Feeling Sleepy in Pajamas



Feeling Sleepy in Pajamas



Feeling Sleepy in Pajamas



Trace the words. Then color the picture.

Name _____ Date _____

Reading Before Sleep

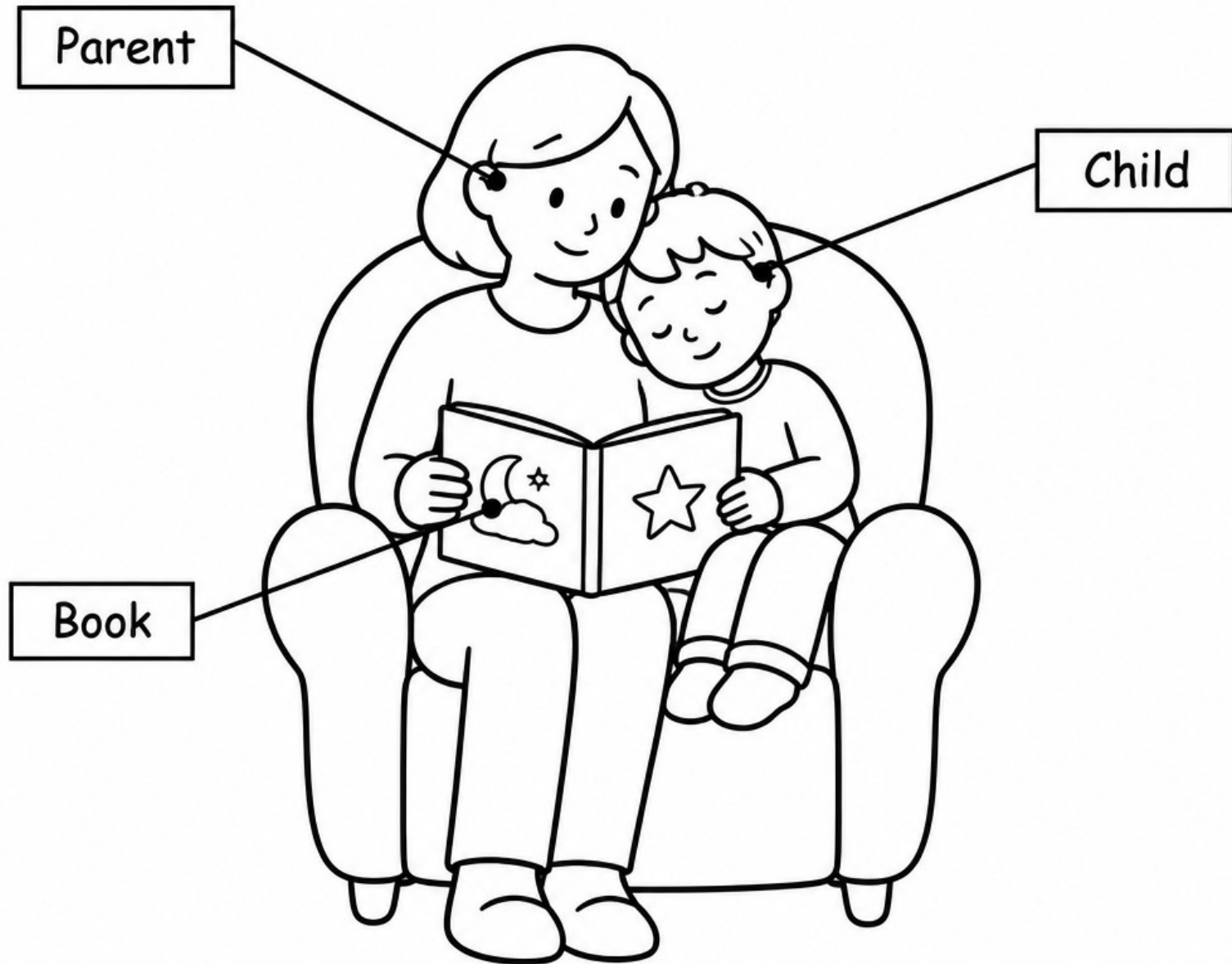
Parent

Child

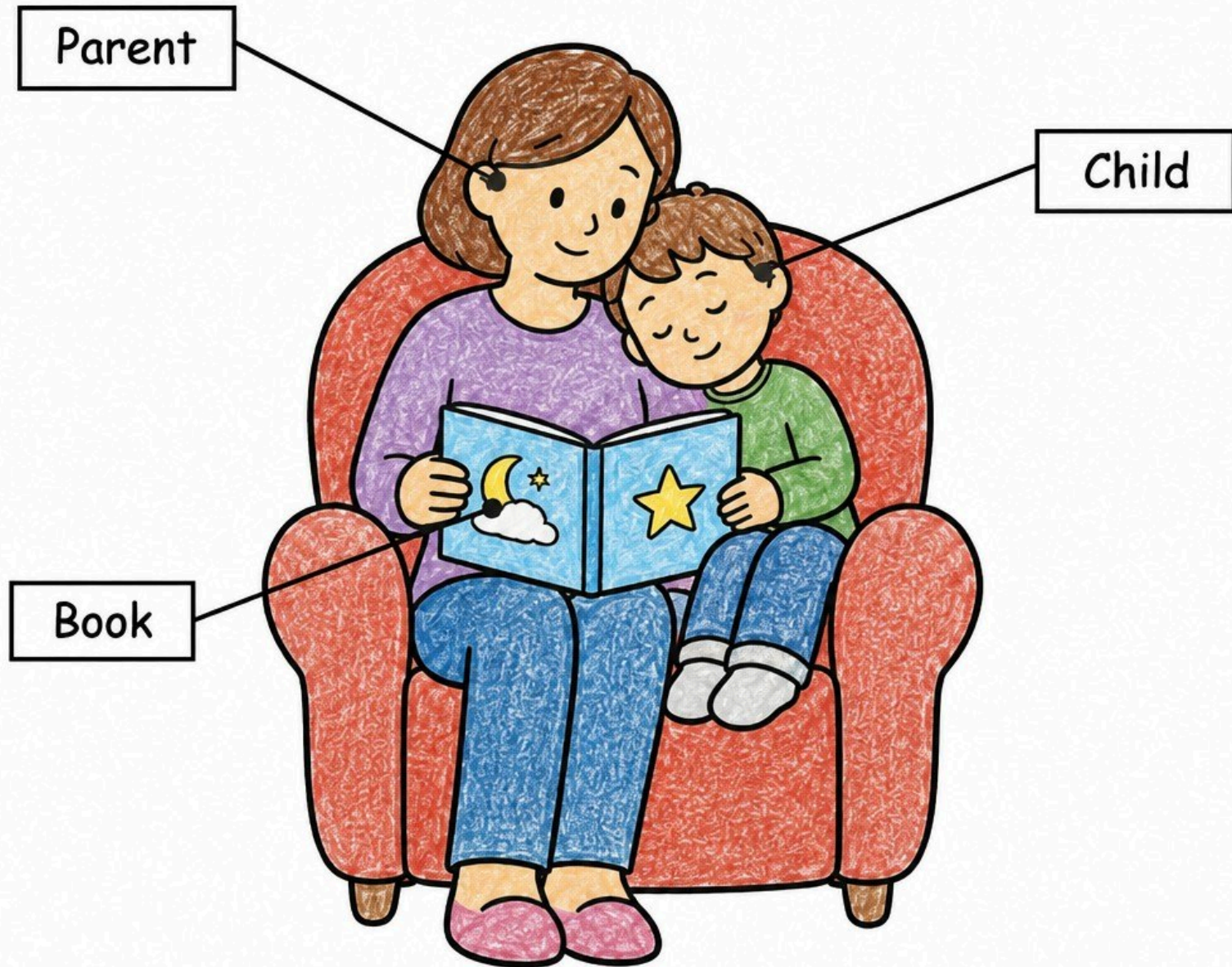
Book



Reading Before Sleep



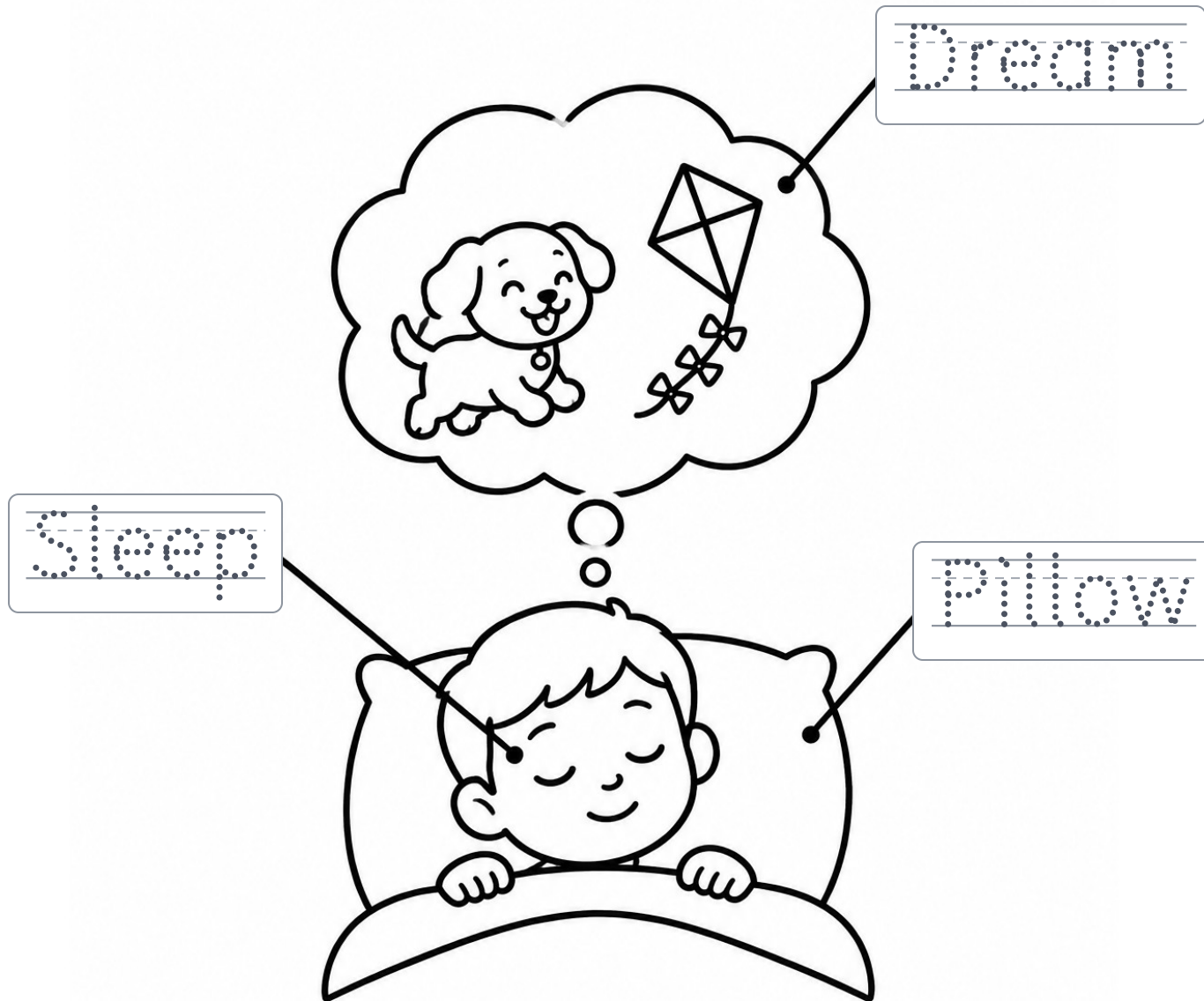
Reading Before Sleep



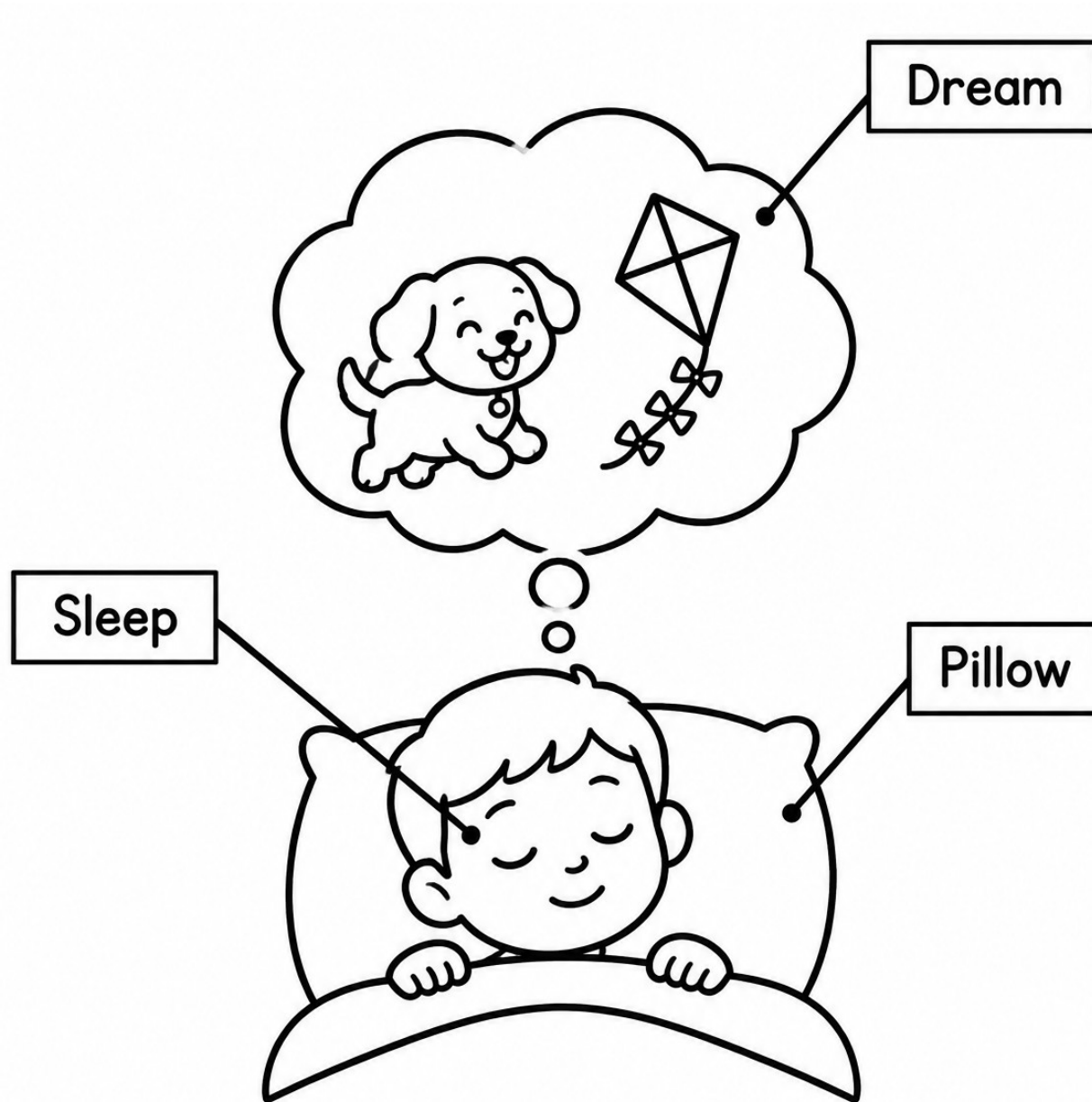
Trace the words. Then color the picture.

Name _____ Date _____

Sweet Dreams at Night



Sweet Dreams at Night



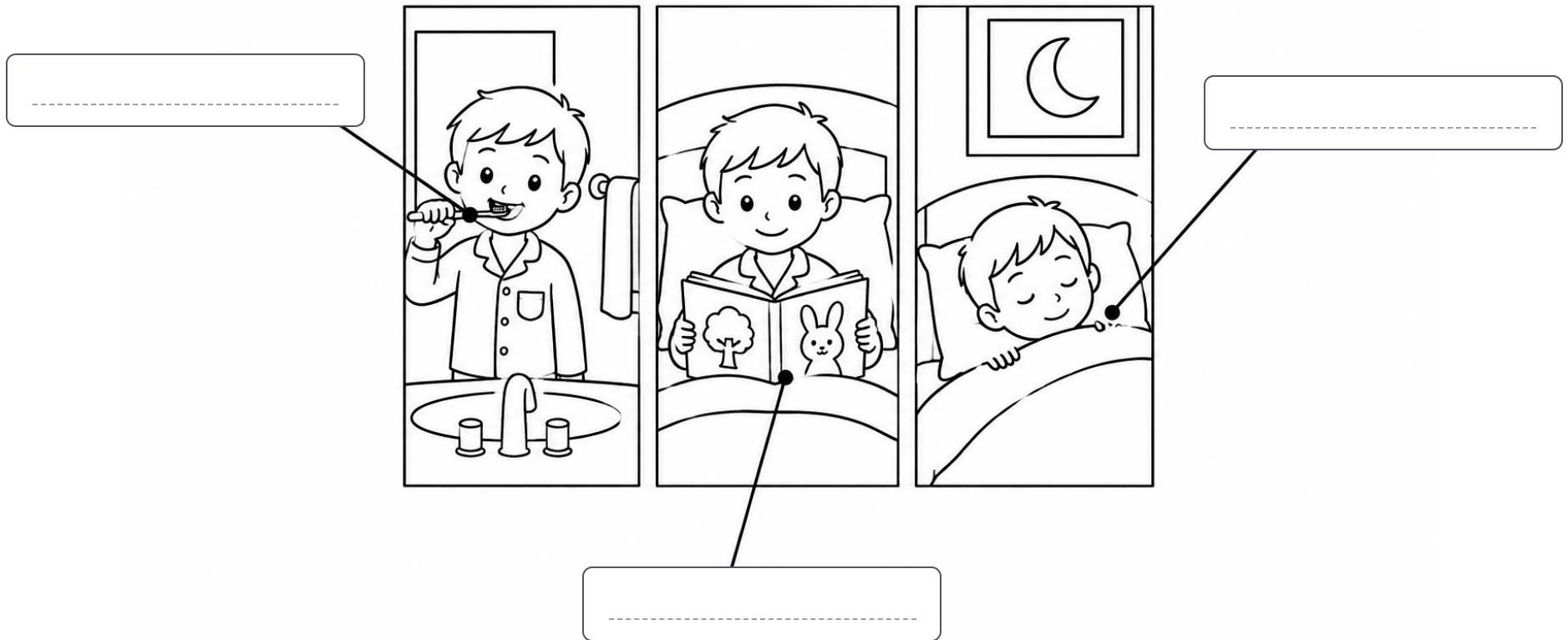
Sweet Dreams at Night



Write the missing words. Use the word bank.

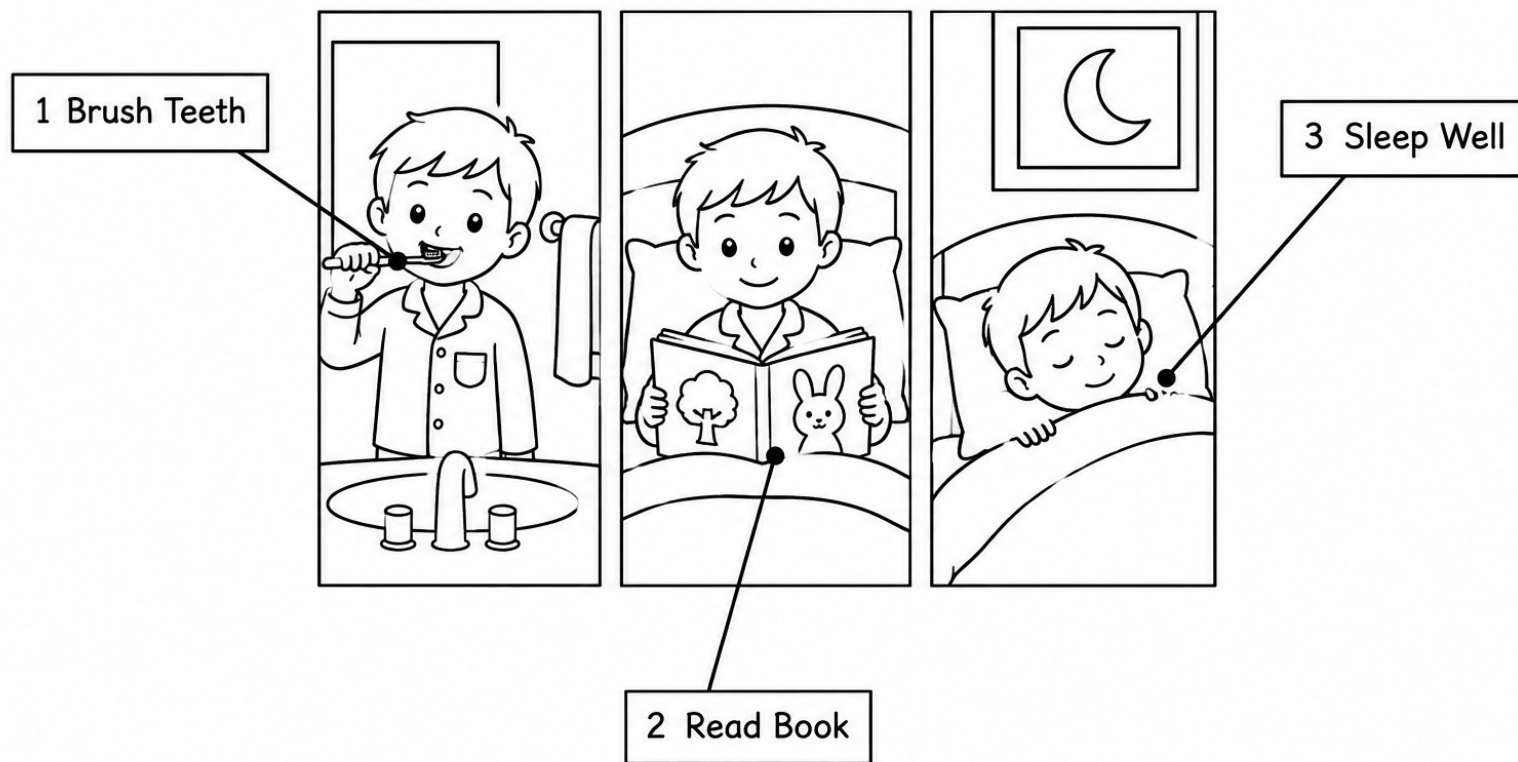
Name _____ Date _____

My Bedtime Routine



WORD BANK 3 Sleep Well • 2 Read Book • 1 Brush Teeth

My Bedtime Routine

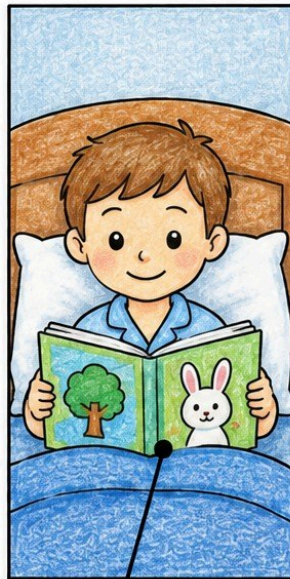


My Bedtime Routine

1 Brush Teeth



2 Read Book



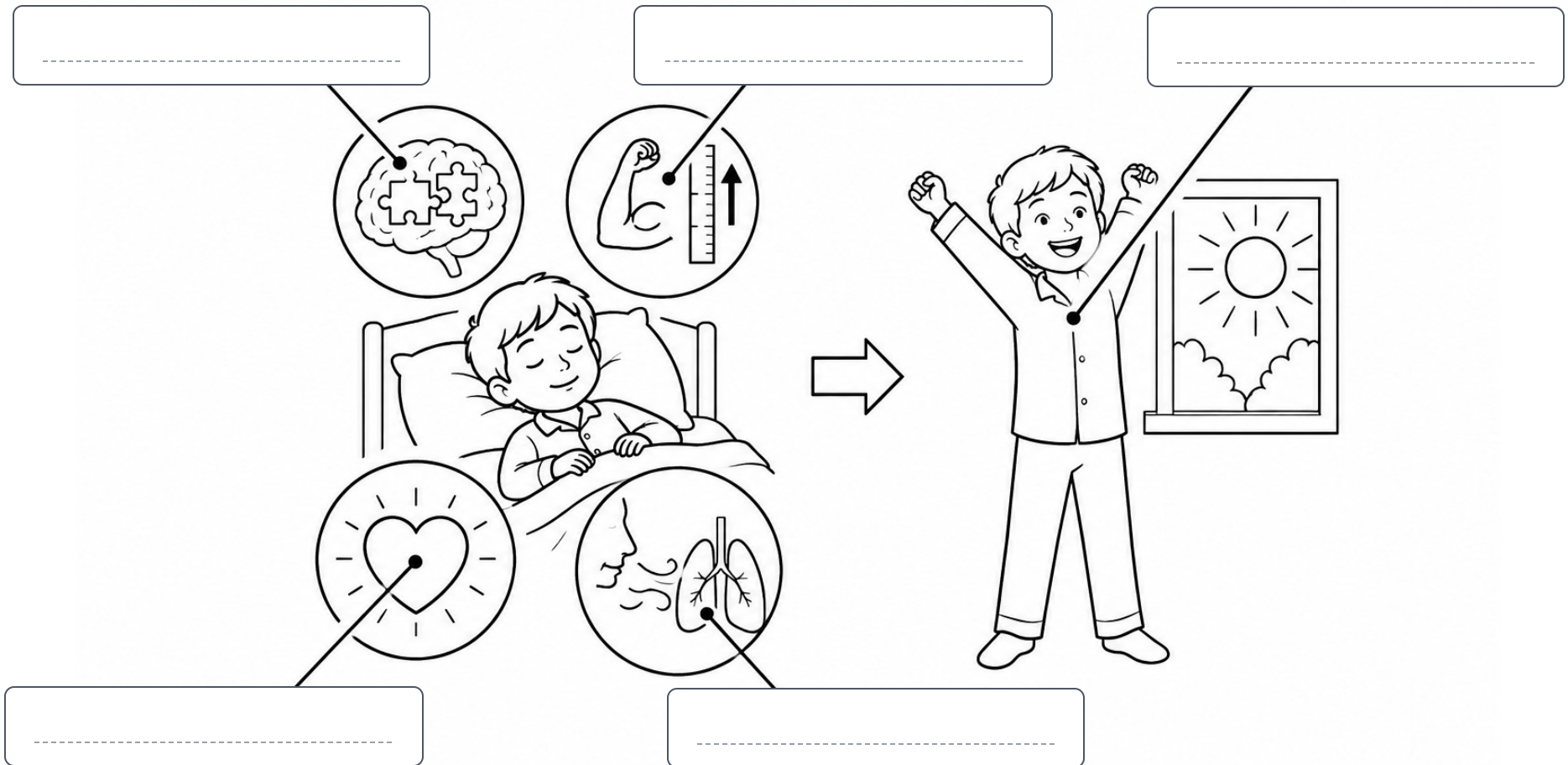
3 Sleep Well



Write the missing words. Use the word bank.

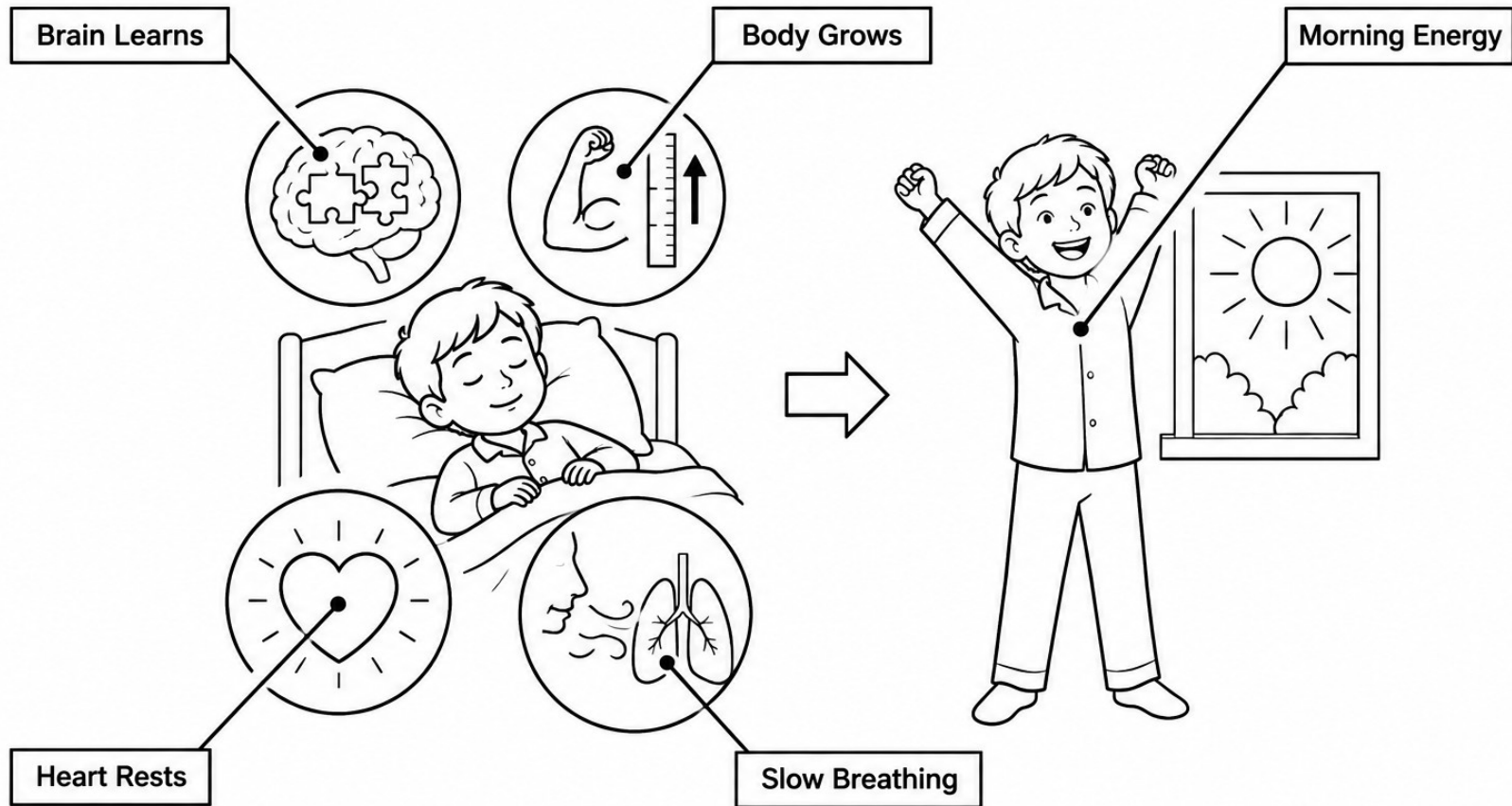
Name _____ Date _____

Why Our Body Needs Sleep



WORD BANK Body Grows • Slow Breathing • Heart Rests • Brain Learns • Morning Energy

Why Our Body Needs Sleep



Why Our Body Needs Sleep

