



## End of the Day: Bedtime

Follow these simple steps to help calm your mind before bedtime.

- Take a moment to think about today.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your day (for example, have a bath)?
- What can you do now to help you feel ready for bed (for example, read a book)?

twinkl.com

## End of the Day: Bedtime

Follow these simple steps to help calm your mind before bedtime.

- Take a moment to think about today.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your day (for example, have a bath)?
- What can you do now to help you feel ready for bed (for example, read a book)?

twinkl.com

## End of the Day: Bedtime

Follow these simple steps to help calm your mind before bedtime.

- Take a moment to think about today.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your day (for example, have a bath)?
- What can you do now to help you feel ready for bed (for example, read a book)?

twinkl.com

## End of the Day: Bedtime

Follow these simple steps to help calm your mind before bedtime.

- Take a moment to think about today.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your day (for example, have a bath)?
- What can you do now to help you feel ready for bed (for example, read a book)?

twinkl.com

## End of the Day: Bedtime

Follow these simple steps to help calm your mind before bedtime.

- Take a moment to think about today.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your day (for example, have a bath)?
- What can you do now to help you feel ready for bed (for example, read a book)?

twinkl.com

## End of the Day: Bedtime

Follow these simple steps to help calm your mind before bedtime.

- Take a moment to think about today.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your day (for example, have a bath)?
- What can you do now to help you feel ready for bed (for example, read a book)?

twinkl.com

## End of the Day: Bedtime

Follow these simple steps to help calm your mind before bedtime.

- Take a moment to think about today.
- Try and list three things that were difficult today. Celebrate the fact that you got through them.
- Now, try and list three things that went well.
- What can you do to signal the end of your day (for example, have a bath)?
- What can you do now to help you feel ready for bed (for example, read a book)?

twinkl.com