Bedtime Routine Checklist

Are you ready for a good night’s sleep?
Follow the bedtime routine below, ticking each one off as you go.

1. Turn off screens for at least an hour before you get in to bed.
2. Have a warm bath: the nice warm water will help you to feel sleepy.
3. Brush your teeth... and go to the toilet! Don’t forget to wash your hands!
4. Dim the lights: a cosy bedroom will rest your tired eyes.
5. Snuggle up in bed: why not settle down with a bedtime story?
6. Say goodnight and enjoy some Sheep Dreams!

For more bedtime activities, head to: www.shaunthesheep.com

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We all love a bedtime story! It’s the perfect way to help you settle in ready for a good night’s sleep. Why not create your own? Draw or write your story in the boxes provided below. Ask an adult for help if you need it.

1. ONE UPON A TIME...
   a small, a large, a scary, an exciting...

2. ...UNTIL ONE DAY...
   turned up, disappeared, exploded...

3. ...AND BECAUSE OF THAT...
   try using some doing words here...

4. ...AND SUDDENLY...
   time was up, dinner was ready, it began to rain...

5. ...EVER SINCE THAT DAY...
   how will your story end...

6. ...UNTIL FINALLY...

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www.shaunthesheep.com

SHOP THE FUNDRAISING RANGE!
all proceeds to the sleep charity
www.sheepdreamswithshaun.com

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Shaun the Sheep Dreams

GOOD FOR EWE!

Time to Unwind and Think About Your Day!

Did you know that writing down or talking about your day can help set you up for a good night's sleep?

Write down or talk about your day with a parent or sibling.

Here are some ideas to get you started:

Did you go to school today? What did you learn?
What was the favourite part of your day?
Did you do anything fun with your friends or family?
What did you have to eat today?

Join the Flock!

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