




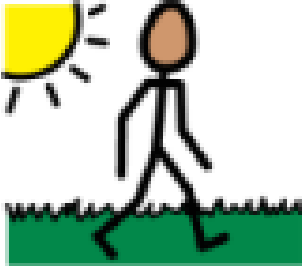
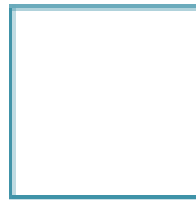
# Bedtime routine




Home from school



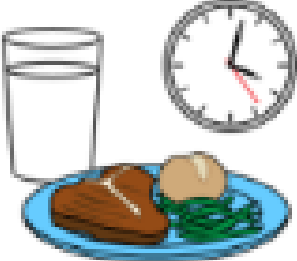
Snack



Outside play



Homework

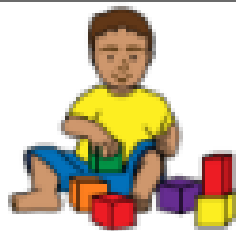
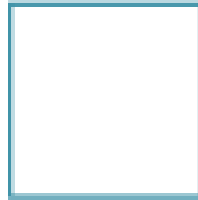


Dinner time

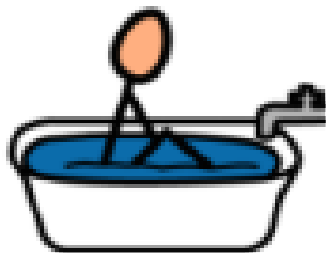




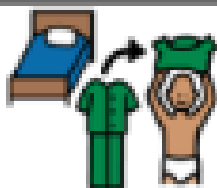
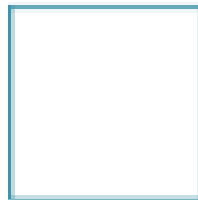
Screens off (one hour before bed time).



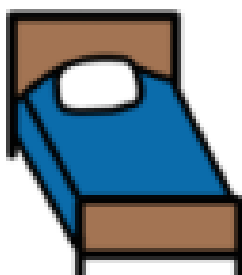
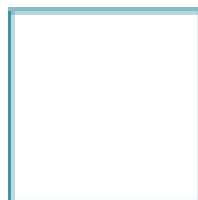
Quiet play



Bath



Pyjamas on (half an hour before bed).



Bed



