ROUTINE MACHINE

Getting ready for bed is an important time of our day. It's when we go from the energy of running around during the day to getting our minds and bodies ready for the rest we need. Think about what feels relaxing for your body and mind. Write down a perfect bedtime routine for you. Maybe it involves a long bath and your favorite book. Or, it could be stretching exercises with the whole family. Think about what relaxes you and write or draw it.