



# May 2020 Social Emotional Virtual Learning

**ECSE/Program**

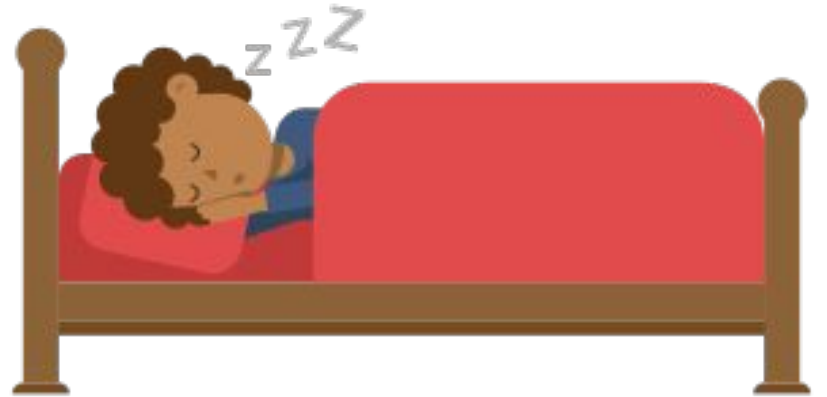
## **Ready for Sleep**

**Learning Target:**

Students will learn about sleep routines.

Sleep is important for healthy bodies.

Do the same things every night. It tells your body it is time for sleep.



## Note to caregiver:

Pick the routines and order that work for your needs.

Start to get ready for bed a half hour before it's time to sleep.

Help draw pictures of the steps to follow. This visual schedule will remind what comes next.



Use the bathroom.



Wash hands and body.



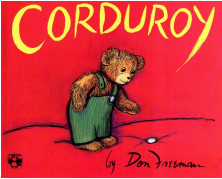
Brush teeth.



Drink water.



Pajamas or something comfortable



Read or listen to book



Relaxing music



Lay down to sleep

When you are laying down and ready for sleep you can

- Take deep belly breaths
- Think about something that made you feel happy
- Think about someone you care about
- Think about what you're looking forward to tomorrow

