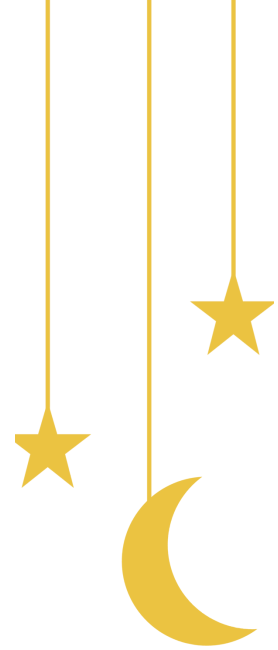




Calming Bedtime Routine



- ☐ Lay out clothes for the morning
- ☐ Brush and floss teeth
- ☐ Take a warm bath with a drop of lavender essential oil
- ☐ Put on cozy PJs
- ☐ Dim the lights and play calming music
- ☐ Stretch or do yoga
- ☐ Read a book or write in a journal
- ☐ Read a book or listen to calming music
- ☐ Sleep for at least 8 your mind is ready for a great tomorrow!
- ☐

