

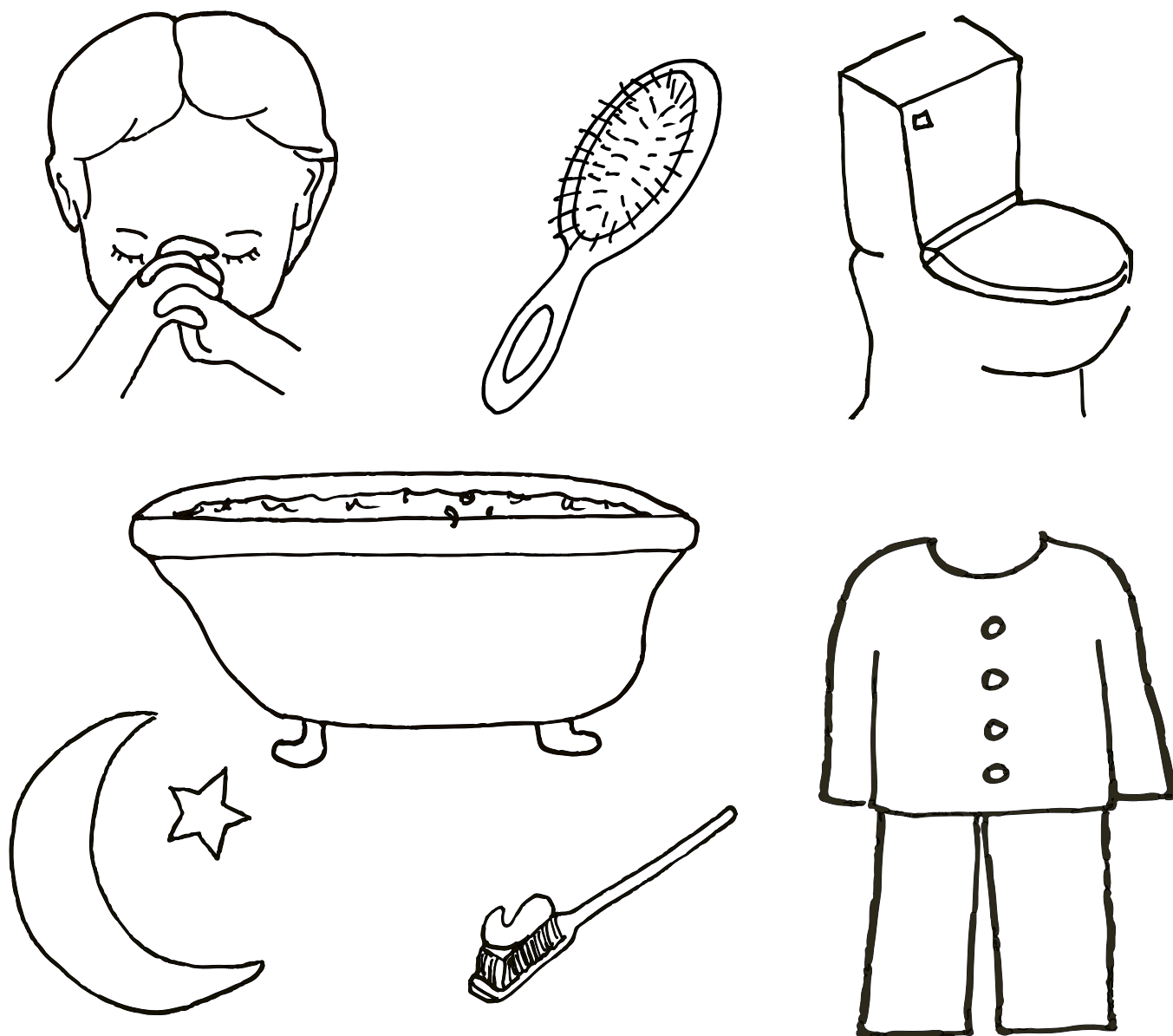
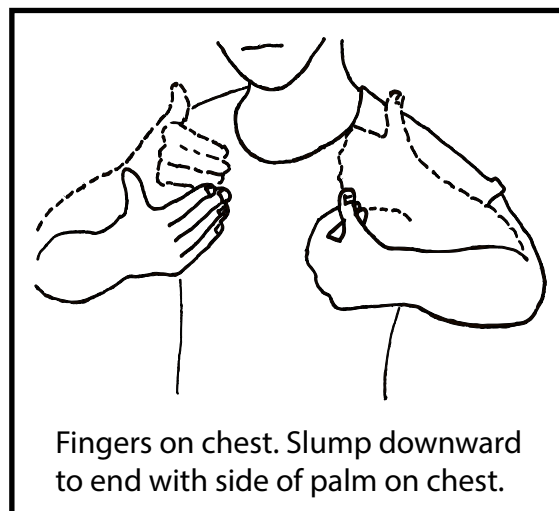
Tired

Color then circle what you do before bed.

Craft: Make a sleep mask out of felt.

Game: Yawn. Sit in circle. One person yawns. Count the children that yawn. Make up your own rules from here.

Idea: Discuss favorite bedtime routines.



Child's Name

www.signbabysign.org

Date word was signed

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