

# Pick them up, pick them up, pick them . . . UP!



It's time for Bean to get ready for bed! But first Bean has to pick up all his toys. Colour in the picture of Ms Rachel and Bean putting all the toys away.

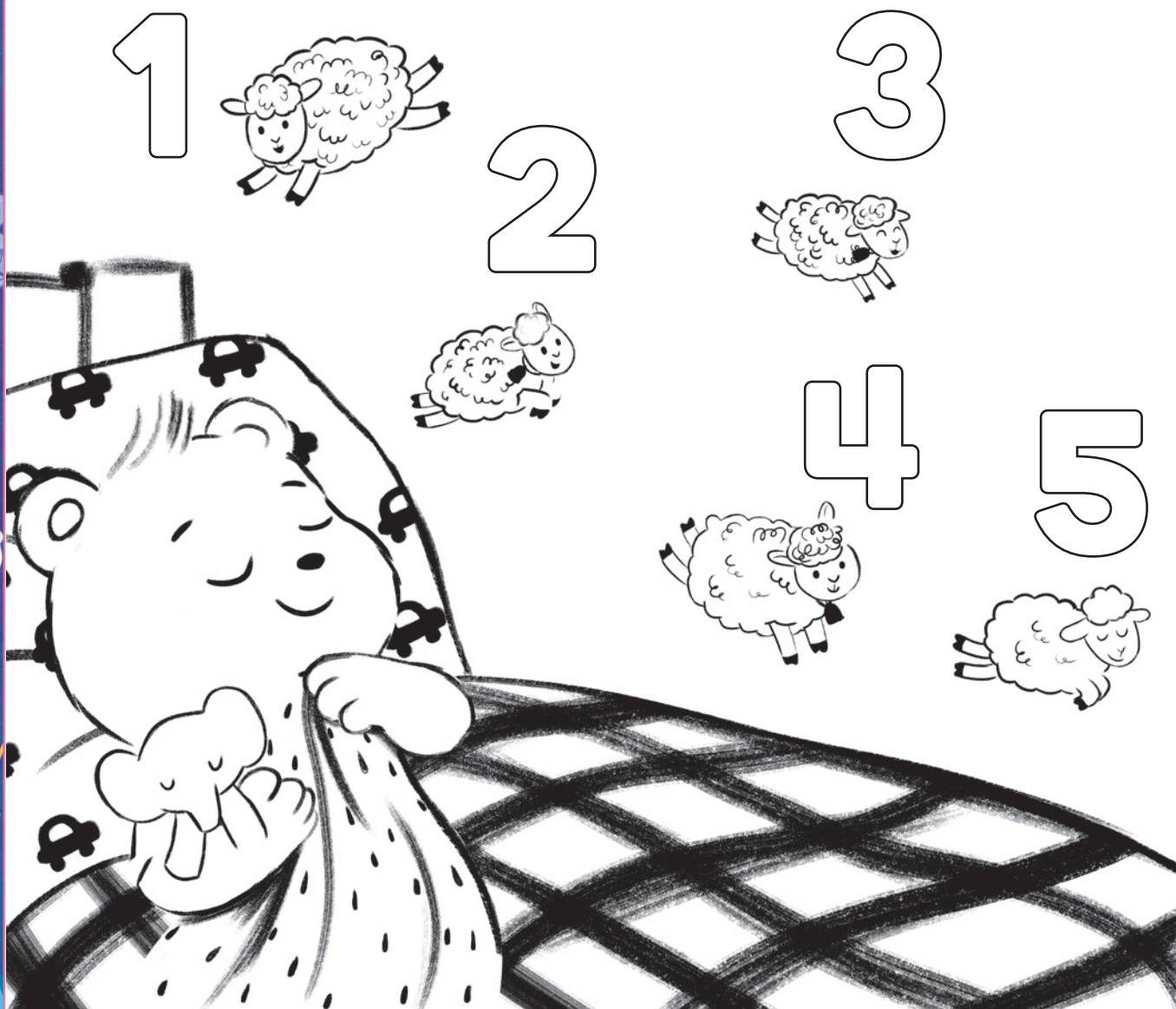






# Time to Sleep!

Bean is finally ready to close his eyes and count sheep to help him fall asleep! Can you count the sheep below? Colour in the picture!



# Bedtime Routine Chart!



Parents and caregivers, use this chart to help set you and your little(s) up for a successful bedtime routine!

For more sleep tips for toddlers, see the last page of *Ms Rachel and Bean and the Bedtime Routine*.



## Bedtime Routine Chart

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Bath

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Pyjamas

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Floss and  
Brush Teeth

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Potty

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Book and Song

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Sleep

