1. First, I pick out my pajamas and put them on.

2. Then I brush my teeth and get into bed.

3. A grown up will read me a bedtime story. When they are done, they will kiss me good night and turn off the light.

4. I will close my eyes and go to sleep.

5. Everyone needs sleep so their brain and body are ready for the next day.

6. I will wake up refreshed and full of energy.