

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.