



SUPERHEROES BEDTIME ROUTINE

A superhero gets ready for bed at



No more screens until tomorrow



Superheroes like to have a bath or shower

If a superhero is hungry they can have a snack of

If a superhero is thirsty they can have a drink of

Superheroes brush their teeth and use the toilet

Superheroes are in bed and like to read or listen to a story at

Superheroes settle down in their beds to go to sleep at

