

BEDTIME ROUTINE

THE GOAL IS TO FEEL RELAXED:

EXAMPLE



- 1 My relaxing game (15 minutes)
- 2 Warm bath/ shower
- 3 Time with my grown up
- 4 Relaxing activity on my own in bed
- 5 My grown up tuck me in and strokes my hand for 5 minutes

MY AFFIRMATION FOR WHEN I'M WORRIED: "I AM SAFE, THOUGHTS AREN'T FACTS"



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THE GOAL IS TO FEEL RELAXED:



1

2

3

4

5

MY AFFIRMATION FOR WHEN I'M WORRIED:

