

A simple bedtime routine

Six cards to use together.

Choose the steps and order that work for you.



Change clothes



Wash hands



Drink water



Brush teeth



Teddy bear



Bed

Print on A4 at 100%. Cut along the dotted lines.

Use the cards together

- 1 Look at the pictures together.
- 2 Choose the cards that fit your evening.
- 3 Point to the next card as you go.

Need different cards?

Create your own in Pictofy.

Account required. See the cost before generation.

pictofy.app/en/packs

