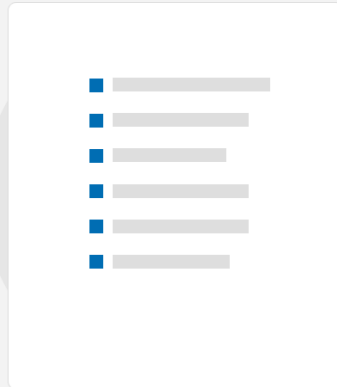


# Bedtime Checklist for Creative, Curious, Imaginative Kids

Children can have a hard time pressing the 'pause' button on their active brains at bedtime. They wonder what the rest of the household is doing, they worry about monsters and other scary creatures invading their home, and they think about all the things they'd rather be doing than sleeping.



- ☐ 1. Sleep-conducive environment.
- ☐ 2. Emotional connection.
- ☐ 3. Exercise and outdoor time.
- ☐ 4. A full but not-too-recently filled stomach.
- ☐ 5. Everything turned off.
- ☐ 6. A bedtime routine.
- ☐ 7. A good-night journal.
- ☐ 8. A friend to hug.
- ☐ 9. Grateful body scan.
- ☐ 10. Counting your blessings.
- ☐ 11. Intention for the morning.
- ☐ 12. Steady breathing.