

Name \_\_\_\_\_



## My Goodnight Routine

**Directions:** In *Goodnight Moon*, the little bunny says goodnight to many objects before falling asleep. This bedtime routine helps him feel calm and ready for rest. Now it's your turn! Connect the story to your own life by writing about your bedtime routine.

1. **List** three things you usually do before going to sleep.


2. **Compare:** Which of your bedtime steps is most like the bunny's in *Goodnight Moon*?

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3. **Write:** In 4-5 sentences, describe your bedtime routine and explain why it helps you get ready for sleep.

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**Bonus Challenge:** If you could add one more step to make bedtime extra cozy, what would it be?

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