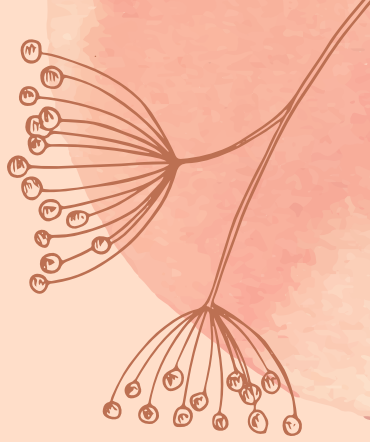


Bedtime Routines



- ✓ Clean Your Dirty Face
- ✓ Brush Your Teeth
- ✓ Turn Off Your Gadgets
- ✓ Stretch, Breathe, and Relax.

