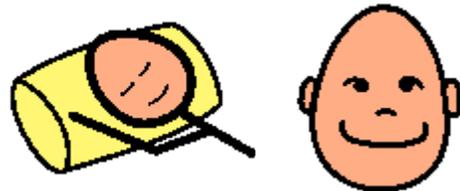


GOING TO BED AT NIGHT TIME

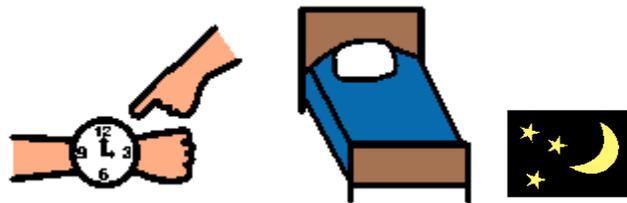
Most people go to bed so they can sleep at night time.



Going to sleep helps out bodies and minds to rest.



Everyone has a time that they go to bed at night.



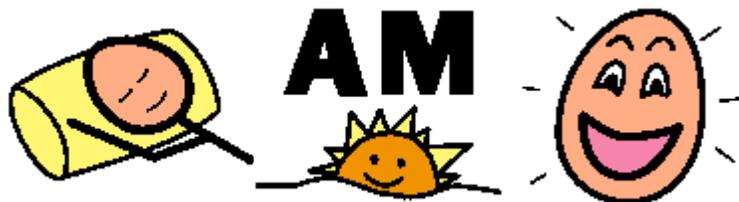
Sometimes people go to bed at different times. This is OK.

When it is time to go to bed, my mum will usually say, “It’s bed time.....”.

This usually means I stop playing, tidy up and get ready for bed.



Going to sleep usually helps me to feel great in the mornings.



I will try to go to bed on time so I can feel good and my mum will be happy.

