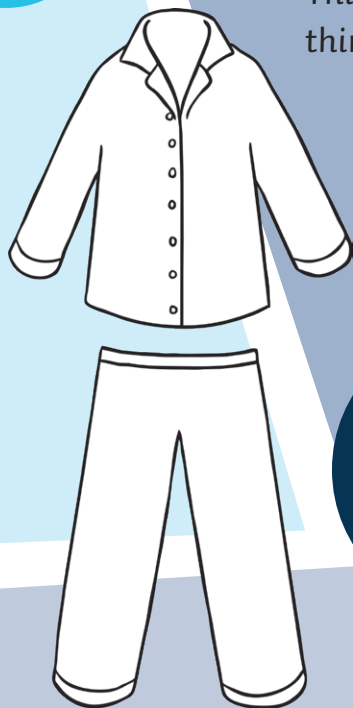


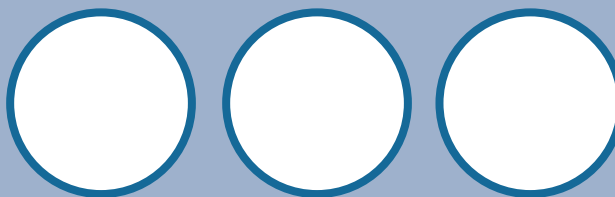
Design Your Own Pyjamas

If you could create your own pyjamas, what would they look like? Use the template to design them.



Relax and Reflect

Think about your day and write or draw three things that were good in your life today.



Bedtime Activity Mat

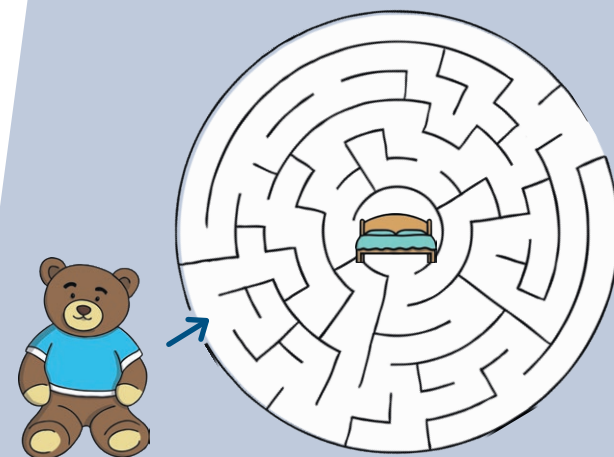
Colouring is a great way to calm down after a busy day and help your mind relax before bed. Take your time colouring the patterns around this activity sheet with your favourite colours.

Mindfulness Colouring



Put Ted to Bed

Can you help Ted get to bed?



Word Search

Can you find all the sleepy words hiding in this word search?

bedtime	night	blanket
sleep	dream	bed
relax	pyjamas	teddy

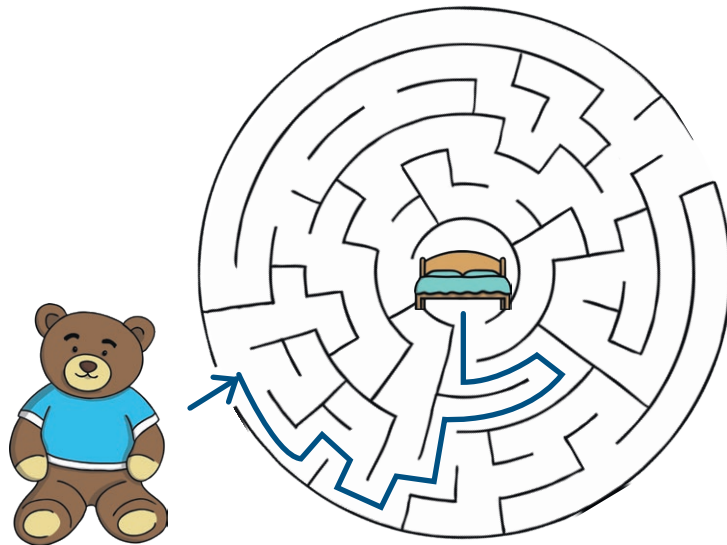
p	t	u	d	r	e	a	m	b	t
y	q	f	c	d	y	z	e	e	a
j	x	n	v	x	t	e	d	d	y
a	d	b	l	a	n	k	e	t	x
m	n	i	g	h	t	g	f	i	w
a	q	z	h	f	s	t	q	m	f
s	l	u	c	k	t	u	l	e	n
o	s	u	n	s	l	e	e	p	m
b	e	d	e	z	p	x	f	o	z
u	j	o	l	f	r	e	l	a	x

This activity mat would be perfect in your **Bedtime Box**.

Bedtime Activity Mat – Answers

Put Ted to Bed – Answers

Can you help Ted get to bed?



Word Search – Answers

Can you find all the sleepy words hiding in this word search?

bedtime

sleep

relax

night

dream

pyjamas

blanket

bed

teddy

p	t	u	d	r	e	a	m	b	t
y	q	f	c	d	y	z	e	e	a
.	x	n	v	x	t	e	d	d	y
a	d	b	l	a	n	k	e	t	x
m	n	i	g	h	t	g	f	.	w
a	q	z	h	f	s	t	q	m	f
s	l	u	c	k	t	u	l	e	n
o	s	u	n	s	l	e	e	p	m
b	e	d	e	z	p	x	f	o	z
u	j	o	l	f	r	e	l	a	x