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**It'S TIME FOR BED!**



# PREPARING FOR SCHOOL

- \* Tick off the homework you have completed - IS IT ALL DONE?
- \* Check your timetable and diary - PACK YOUR BAG FOR TOMORROW (EG PE UNIFORM, ASSESSMENTS/ HOMEWORK IN BAG, BOOKS, EQUIPMENT, NOTES TO BE SIGNED)
- \* Hang up your uniform - IS YOUR TIE/ SHIRT/ PANTS/ BELT/SHOES READY?

# REFLECTION

- As you brush your teeth and get into bed.....
- \* What have you achieved today?
- \* What could you have done better?
- \* What is a small goal for the next day?

# RELAX

- \* Pray
- \* Read
- \* Imagine a story
- \* Sing
- \* Listen to music
- ..... have a relaxing and restful sleep!