ECHO AUTISM COMMUNITIES

1. IT IS TIME TO GET READY FOR BED!





2. START YOUR BEDTIME ROUTINE. YOU MAY:



Bathe



Get a Snack



Brush Teeth



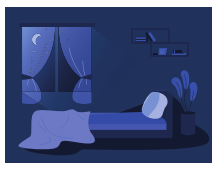
Go Potty

3. PUT ON YOUR PAJAMAS





4. BEFORE GETTING INTO BED, MAKE SURE YOUR ROOM IS:



Dark



Quiet



Cool

5. RELAX DURING QUIET ACTIVITIES, SUCH AS:



Listen to music



Reading



Drawing



Play a quiet game





6. CLOSE YOUR EYES AND FALL TO SLEEP



Sweet dreams!