



# THE NEXT BIG THING!

Your journey from  
playtime to bedtime

## PLAYTIME

Draw or write down  
your favorite part of  
today's playtime.

How do you feel  
during playtime?

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## WIND-DOWN

Draw or write down  
something that will  
help you feel calm as  
we get ready for bed.

How does it feel to  
slow down after  
playing?

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## NEXT BIG THING!

Imagine the last big  
thing tonight! What  
will make bedtime  
special for you?

What makes you feel  
happy and safe at  
bedtime?

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