

In this week's video, some of our animal friends showed us their bedtime routine. Some of the things they did before going to sleep were to take a shower and brush their teeth. Which is your bedtime routine? Which things do you usually do before going to bed? Describe your bedtime routine in a few words!

Tip: Take a look at the picture below to help you with your activity!

Bedtime routine

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Eat snack



Clean up



Get clothes



Brush teeth



Use toilet



Take bath



Read books



Snuggle & sleep

Picture taken from Google Images