

Going to bed



To keep everyone healthy, we are not going to our school right now.



Even though we are not going to school, it is important to follow the rules about bedtime.

My bedtime is _____.



When the clock says _____ or my parents tell me to go to bed, it's time to get into my bed.



I will close my eyes and lie in my bed until I fall asleep.



In the morning, I need to wake up at _____.



When I hear my alarm go off at _____ or my parents tell me to get out of bed, I should get out of my bed and get ready for my day.



Then, I will have a great day!

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