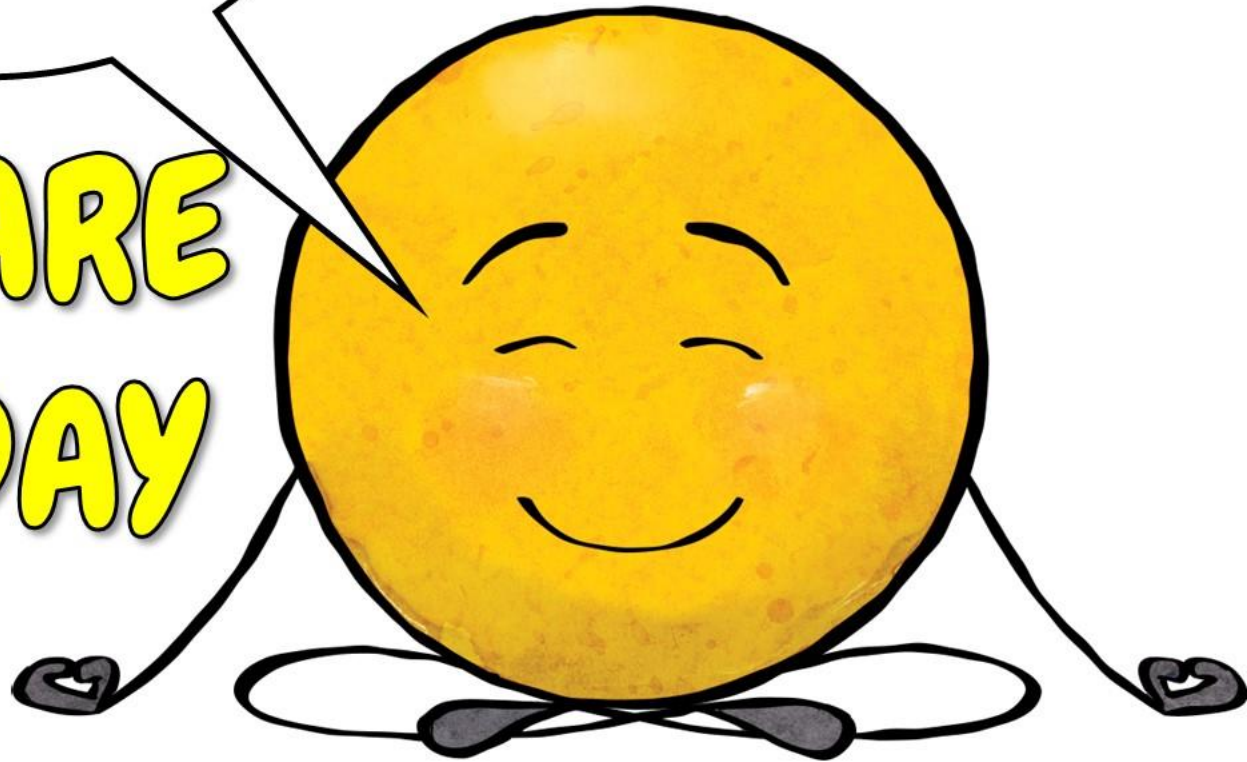
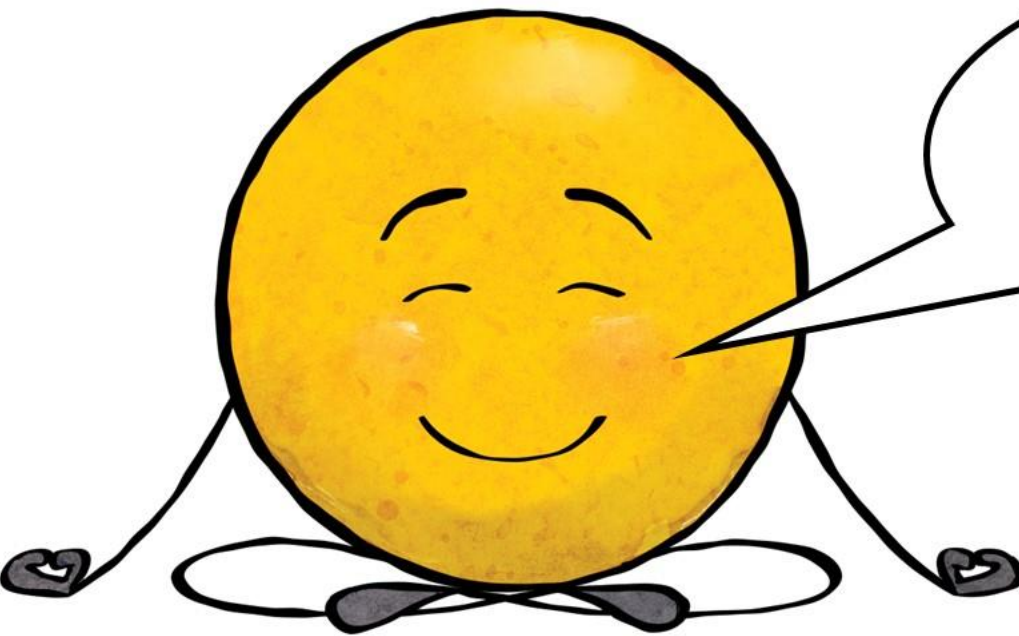


Are you  
ready for ...

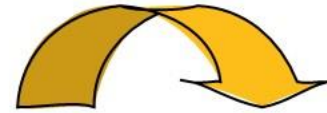


**SELF-CARE  
SATURDAY**





I can get a  
good night's  
sleep



What do you think a good night's sleep  
means?



It means you get enough sleep each night

It means you don't feel tired during the day because you have had enough sleep

You have a good bedtime routine each night and you are relaxed and happy. You get to sleep quickly and rarely wake up until morning

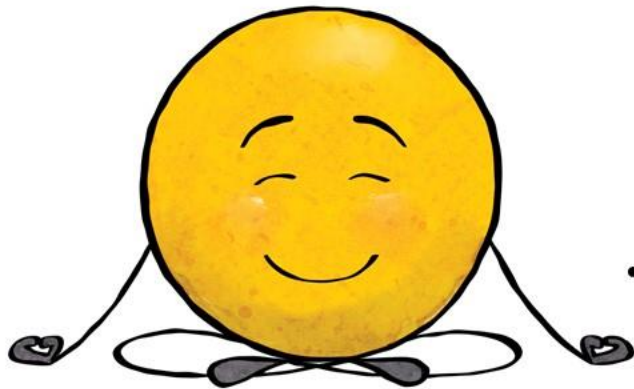


# Activities



It is important to take care of ourselves by getting enough sleep. When you get enough sleep, it makes you feel physically better too. You won't get ill as much or feel tired. When you are tired you probably feel sad, angry, upset or just not well.

- Plan a bedtime routine. One that you will stick to each night, A routine is something you do every single day where possible. You might have a warm bath or shower, a comforting drink, go to the toilet, read a book or listen to a story, get all cosy in bed perhaps with a cuddly toy and you fall asleep. It is important not to watch TV just before bed or go on computer games or phones. Give yourself at least an hour or more before bed without any of these. Talk to someone about a bedtime routine.
- Get a piece of paper and write down your bedtime routine. You could put stickers, ticks or draw smiley faces each time you stick to your routine.



Notice how much better you are starting to feel when you get enough sleep.



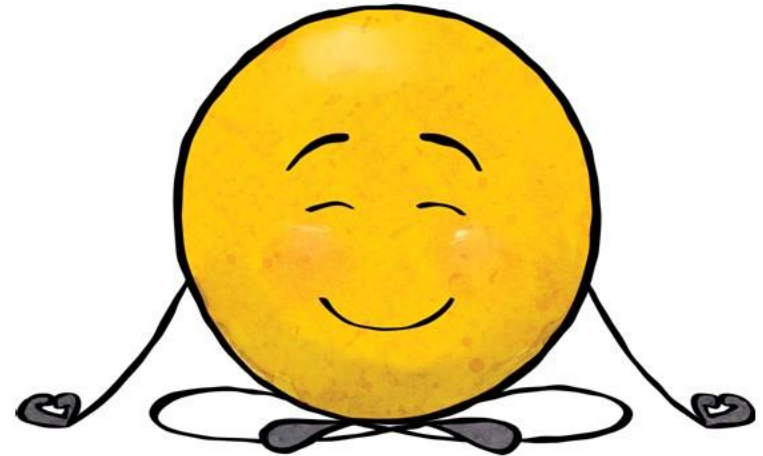
# Affirmations



I can get enough  
sleep each night

I can stick to my  
bedtime routine

Look in a mirror and  
repeat these  
statements out loud  
every single day!





Awesome  
work!

You can get  
enough  
sleep!

