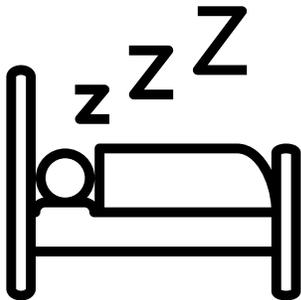


Kona Kids Podcast

Season One Episode 10

Bedtime Routine

Routine: What steps will you take before bedtime



Bedroom Set up: how will you set up your room ready for sleep



Things I can think about:
Think of creative things that bring you joy

What will you do to distract



Bedtime Hygiene: shower?
teeth? hair?



Worry thoughts:
Science brain

Science Brain: what are the facts?
