MaddiMeg



My bedtime with Flicker

Tick a box or add a sticker for each step. Then Flicker glows amber: time to sleep!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bath or wash	☐	☐	☐	☐	☐	☐	☐
Pyjamas on	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
Story time	☐	☐	☐	☐	☐	☐	☐
Flicker on amber	☐	☐	☐	☐	☐	☐	☐
Lights out, sleep tight	☐	☐	☐	☐	☐	☐	☐
Today I felt...	○	○	○	○	○	○	○

Colour the circle: Cosy Happy Kind Brave Sad Curious