

BEDTIME ROUTINE



Daily Routine

This adapted book helps the student learn the steps to get ready for bedtime. It supports calming routines, following directions, and preparing the body for sleep.



HOW TO USE THIS ADAPTED BOOK

What is an Adapted Book?

This adapted book is a hands-on learning tool designed for children with special needs.

It uses simple pictures, labels, and short sentences to support understanding, communication, and independence.

Adapted books help students:

- Build functional vocabulary
- Improve comprehension
- Practice making choices
- Increase attention and engagement
- Follow routines and expectations

How this book supports the student:

- Each page presents one clear idea only
- Pictures support understanding of the text
- The student interacts by choosing and placing pictures
- Repetition helps with learning and routine building

Differentiation Note:

This adapted book may not fully align with your student's routine or current learning goals. Please feel free to edit this resource according to his or her learning needs.

HOW TO PREPARE THE BOOK

PRINT

- Print pages 3 to 9 using A4 paper
- You may print it on regular bond paper or cardboard.

CUT AND LAMINATE

- Cut each page neatly
- Cut out all mini pictures
- Laminate all pages and mini pictures

BINDING OPTIONS

OPTION 1: Wire Binding (Recommended)

- Use a wire or coil binding machine
- Bind the pages on the left side

OPTION 2: Ring Binding

- Punch one hole on the upper left corner of each page
- Use a loose ring or ring binder

VELCRO SETUP

- Add soft Velcro to the back of each mini picture
- Add rough Velcro to the designated answer spaces

BASE PAGE (LAST PAGE)

- This page holds all Velcro-backed mini pictures
- Remember to replace the word "student" with the student's name to add personalization.



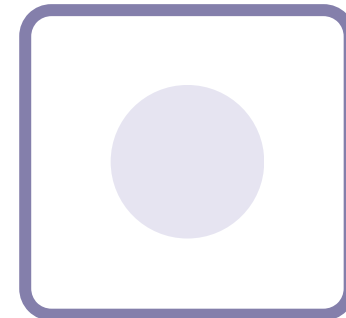
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After my afternoon routine,
I eat dinner.





After I eat dinner,
I clean up the table.

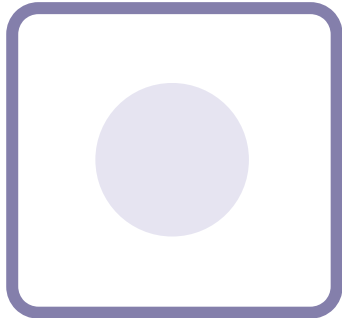


After I clean up the table,
I brush my teeth.

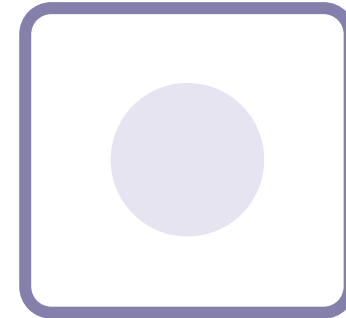




After I brush my teeth,
I take a bath.

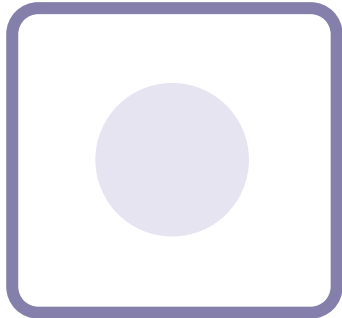


After I take a bath,
I put on my pajamas.

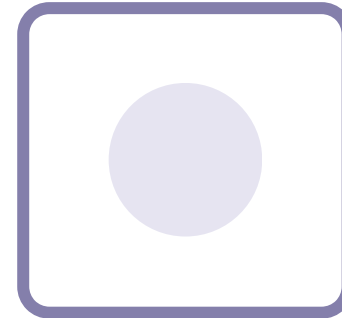




After I use the toilet,
I read a book.

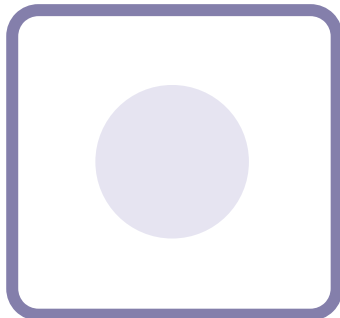
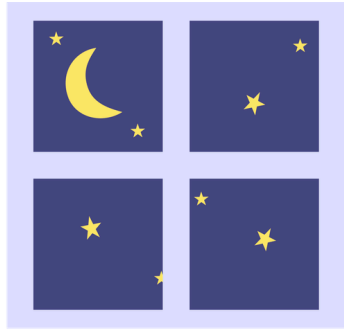


After I read a book,
I pray.





After I pray, I go to sleep.



? Comprehension Questions:

1. What do I do first in my bedtime routine?



2. What do I do after I eat dinner?



3. What do I do after I clean up the table?





? Comprehension Questions:

4 . What do I do after I take a bath?



5 . What do I do after I read a book?



6 . What do I do last in my bedtime routine?



Mini picture choices :



**GOOD JOB,
STUDENT!**



I am now ready to
go to bed!

