

How do you wind down?



Take a walk



Put on music



Brush your teeth



Use the toilet



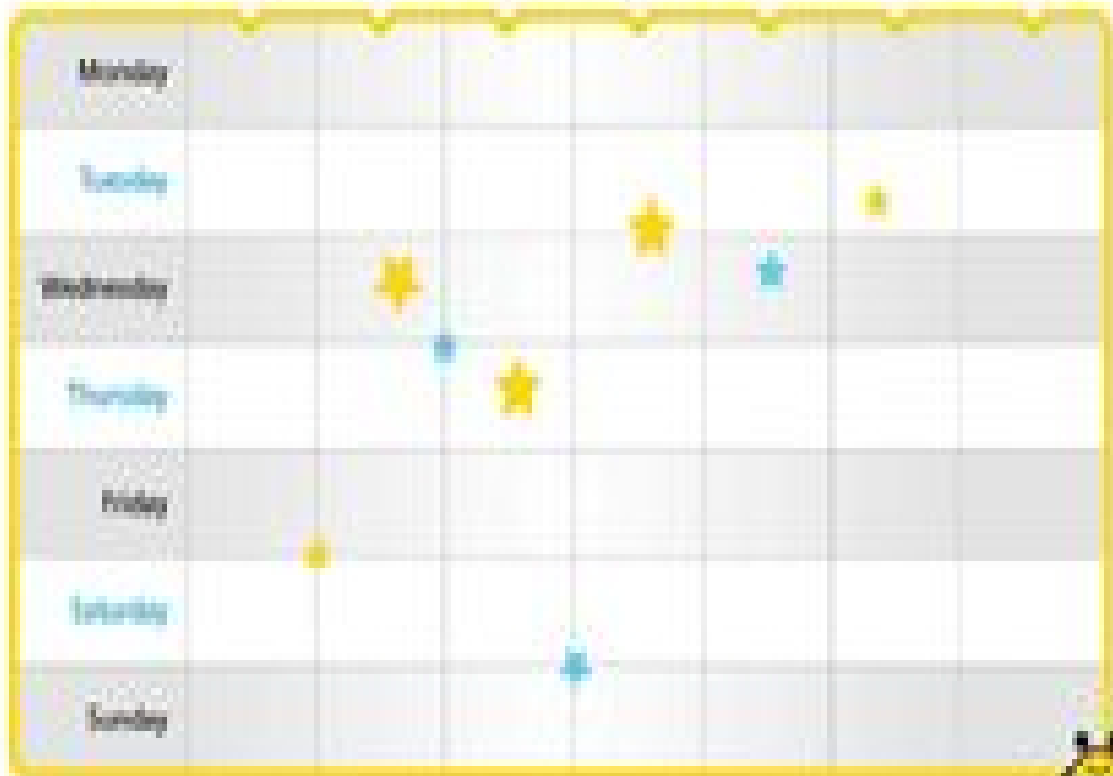
Take a bath



Use the toilet



Take a bath



Use the stars to help you decide a healthy bedtime routine. (Don't forget to sleep!)

© www.bbc.com

