

My Goodnight Steps

A social story for Kairav — Following a bedtime routine to help my body get ready for sleep



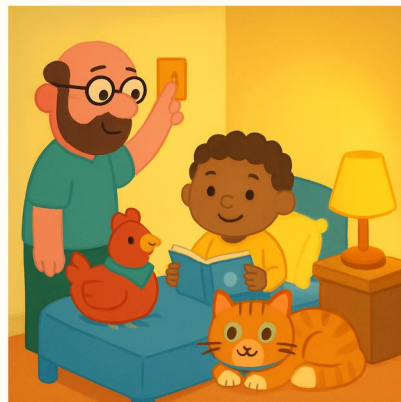
1

The moon is out. My body feels wiggly. That is okay.



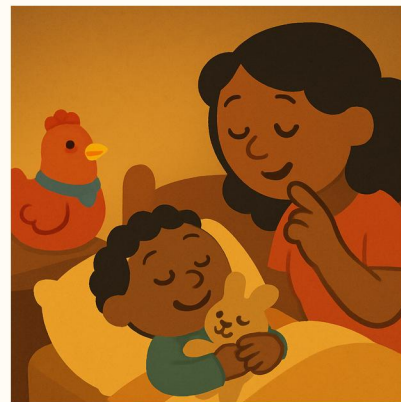
2

I do my sleep steps. I brush my teeth. I put on my pajamas.



3

Papa makes the light soft. I pick one story book.



4

I hug my soft toy. Mama sings quietly to me.



5

My body slows down. My eyes feel tired. Good night. Morning will come.