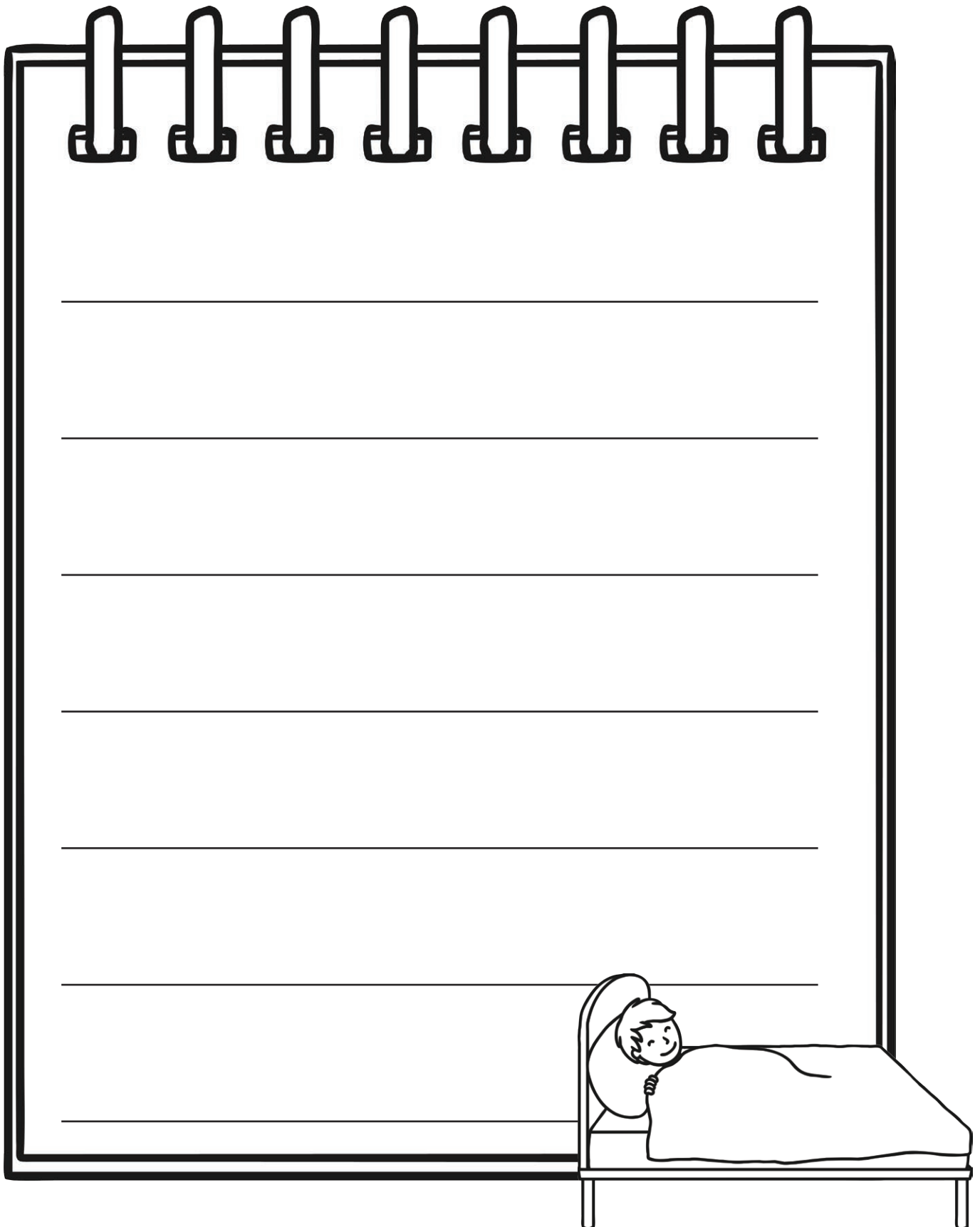


Getting Ready for a Sleep

What things do you need before you can go to sleep?



A large spiral-bound notebook with a black frame and a silver spiral binding at the top. The notebook has ten horizontal lines for writing. At the bottom right of the notebook, there is a simple line drawing of a child with short hair, lying in bed and looking towards the left. The child is covered up to their chest with a blanket. The bed has a simple headboard and footboard.