SLEEPOVER · ONE NIGHT

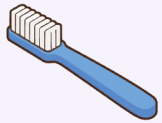
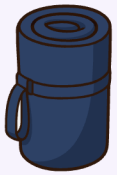
A night away

First we pack the bag. The plan shows roughly how the evening and morning usually go.



In the bag

tick off when it is packed

- ☐  Pyjamas
- ☐  Toothbrush
- ☐  Teddy
- ☐  Clean clothes
- ☐  Sleeping bag
- ☐  Pillow

Evening

the time shows roughly when

18:00		Eat dinner
18:45		Play together
19:30		Call home
20:00		Brush teeth
20:30		Sleep

Morning

then we go home

07:30		Wake up
08:00		Eat breakfast
08:30		Get dressed
09:00		Pack the bag
10:00		Go home

If something feels strange, it is fine to tell an adult, in the evening and at night.

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