

# OLIVER'S

## WIND DOWN ROUTINE



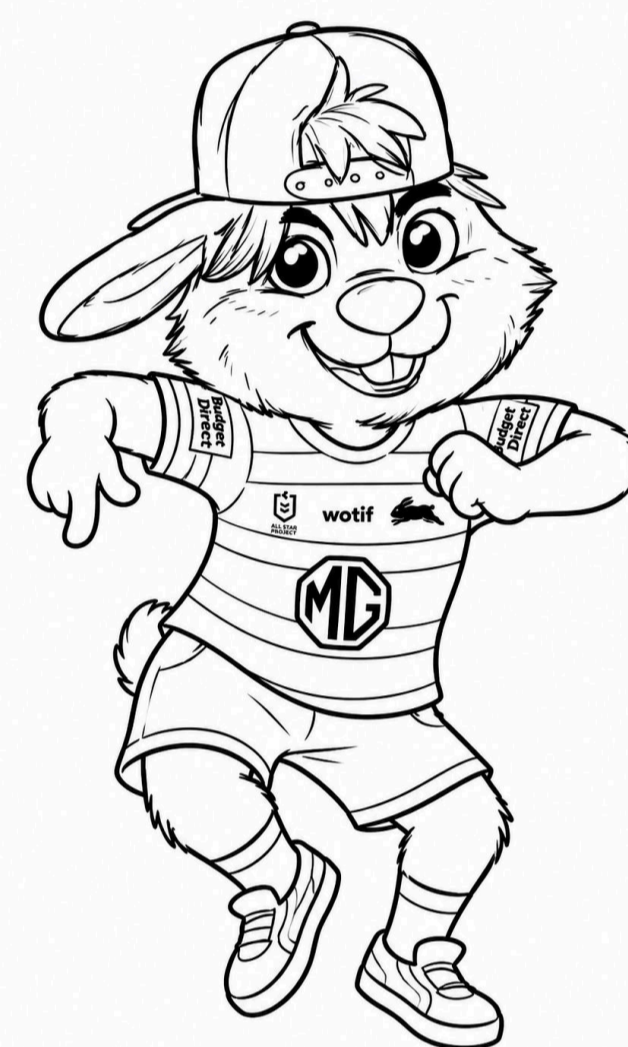
Oliver knows that rest is just as important as running around. After a big day, your body and mind need time to slow down. Try Oliver's bedtime wind-down routine tonight!

### STEP 1: PUT THE SCREENS AWAY



Give your eyes a rest. No phones, tablets or TV for 60 minutes before bed.

### STEP 2: SHAKE IT OUT



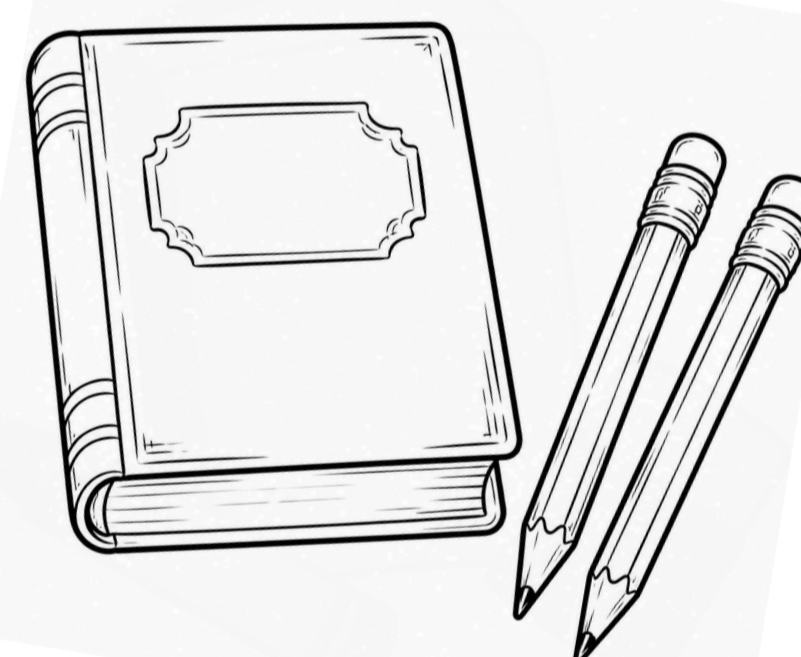
Run on the spot for 10 seconds and then finish with your best dance moves. Make sure to get all of your energy out so that you can wind down!

### STEP 3: GET YOUR THINGS READY FOR TOMORROW



Lay out your clothes and pack your bag. Oliver says there is nothing better than feeling ready for the next day!

### STEP 4: READ A BOOK OR DRAW SOMETHING



Give your brain something calm and quiet to do. Ruby loves this part!

### STEP 5: THINK OF THREE GOOD THINGS FROM TODAY



Before you close your eyes, think of three things that made you smile today. They can be big or small.



### OLIVER SAYS

"A good rest makes tomorrow even better. Sleep well, little Rabbitoh."

