



# 6 BEDTIME PHRASES

TO HELP KIDS SEE SLEEP IN A POSITIVE LIGHT

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Sleep is a gift. Sleep is a treasure. Sleep is brain power.



It's cozy time! Let's go get cozy together!



Let's have a pajama race! Ready, set, go!



Did you know when you sleep, your brain grows bigger?



Before sleep is the special time we get to spend together.



What dreams do you think you'll have tonight?



You are going to feel so much better after you rest!

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