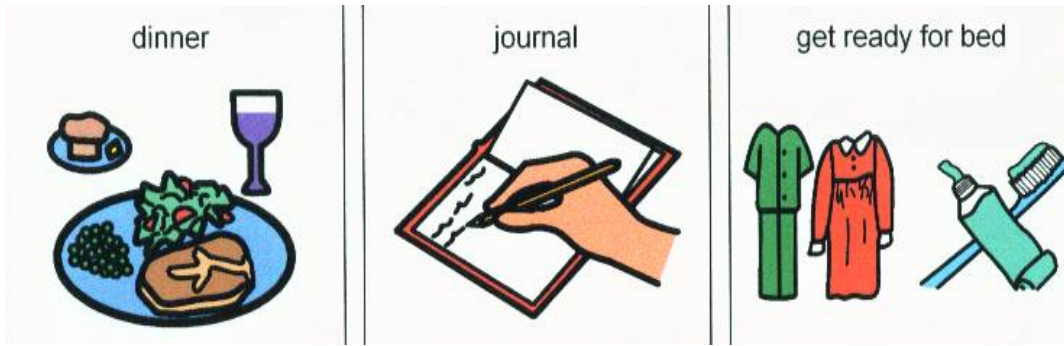


## **FEELING SAFE IN BED AT NIGHT**



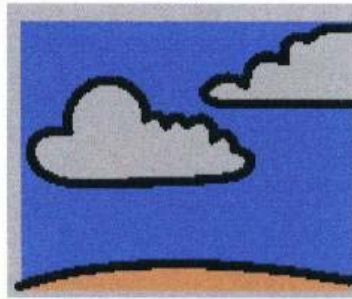
**At camp we do lots of fun things during the day.**



**At the end of the day we have dinner, write in our journals, and get ready for bed.**



sky



night



rest



While we are getting ready for bed, the sky gets dark. Nighttime is here! We need to rest at night. Our bodies are tired from doing lots of fun things during the day.

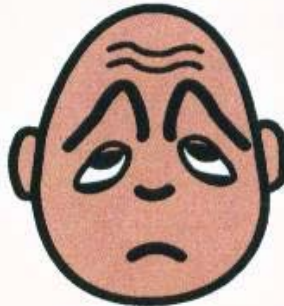
IF...

we don't rest



THEN...

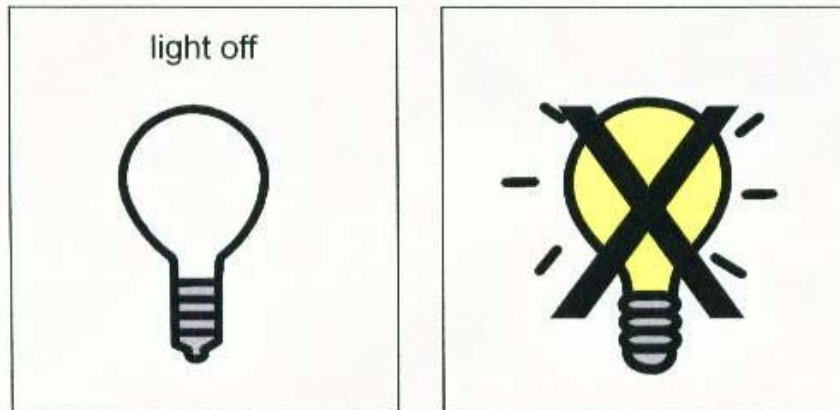
we will be tired.



**If we don't rest, our bodies will be tired the next day.**



**After my counselor has tucked me in bed and said goodnight, I will try to stay quietly in my bed. All the campers are sleeping in their own beds.**



**After our counselors say goodnight, one of them will turn out the light. The room will be dark so the campers can go to sleep.**



**Even though the light is out, I am still safe. A counselor is staying right outside my bedroom door.**

IF...

we can rest



we can have fun tomorrow

THEN...



**If I quietly go to sleep, my body will be rested and ready to have fun tomorrow!**