

I can dream about what  
might happen next...

I get to sleep  
more easily.

Reading stories help  
me wind down.

**Why is it good to have a  
bedtime story?**

Stories build my  
imagination.

We can take it in  
turns to read.

I like listening to an  
audio book.

Stories help my  
mind relax.

It's nice to hear  
someone read to me.



I feel good in the  
morning.

It's nice to have a  
cuddle.

Stories keep me away  
from screens!

I like talking about the  
characters.