

QUIET ACTIVITIES MENU

Pre-bedtime activities	Quiet ratings	Quiet menu	Times
<p>List as many activities that your child can do between dinner time and sleep time</p>	<p>For each activity, give it a 'quiet rating' – with 1 being very quiet and relaxing and 10 being very stimulating</p>	<p>List all activities that you agree are 'quiet' activities</p>	<p>Write in your child's new bedtime. Then provide a timeframe for when the child can do each activity (between dinner and bedtime)</p>