At my sleepover

Point to ask for what you need, to choose what to do, and to say how you feel.

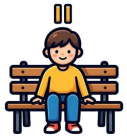
I need


where is the bathroom?


I'm hungry


a drink


I'm tired


a break


quiet


my night light


my teddy


lights on


lights off


call home


I want to go home

Let's


let's play


a game


a movie


popcorn

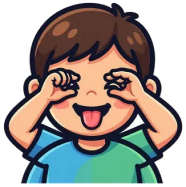

pizza


build a fort

I feel


this is fun!


excited


silly


worried


scared


I miss home

Talk


yes


no



stop


help


my turn


thank you

Pictures and layout © 2026 LMNOP LABS LLC

Bedtime away from home

The same bedtime steps as at home, in a new place. Point to each one as it happens.

1. 
pajamas on

2. 
brush my teeth

3. 
bathroom

4. 
into my sleeping bag

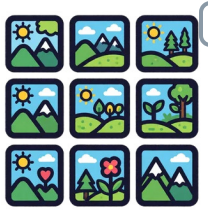
5. 
my teddy

6. 
night light on

7. 
a story

8. 
good night

My sleepover bag: tick each thing as it goes in

- ☐ 
pajamas
- ☐ 
toothbrush
- ☐ 
toothpaste
- ☐ 
pillow
- ☐ 
sleeping bag
- ☐ 
teddy
- ☐ 
clothes for tomorrow
- ☐ 
my talker
- ☐ 
my board
- ☐ 
night light
- ☐ 
flashlight
- ☐ 
hairbrush

Pictures and layout © 2026 LMNOP LABS LLC

About me, for my sleepover

Fill it in together, and give it to the grown-up in charge when you arrive.



About me

Hi! My name is _____

I talk with:

☐ **words** ☐ **pictures** ☐ **a talker** ☐ **signs**

My yes looks like: _____

My no looks like: _____

Words or signs I use: _____

_____

When I'm upset, this helps: _____

_____

At bedtime, I like: _____

_____

Please tick what helps:

- ☐ let me keep my talker or board with me
- ☐ show me where the bathroom is
- ☐ leave a light on at night
- ☐ tell me what's happening next
- ☐ let me call home if I ask

Foods I like: _____

Foods I don't eat: _____

Allergies: _____

I need help with: _____

_____

If I want to go home: _____

_____

Thank you!

Pictures and layout © 2026 LMNOP LABS LLC