

MAKING MY BED

When I wake up in the morning, it's helpful to make my bed.



While sleeping, I move around, and my bed sheets can get pushed to the side, or a pillow might fall. Making my bed prepares it for another night of sleep once the day comes to an end.

To make my bed, I can:

Untangle and smooth my bed sheets



Spread my comforter across the bed



Put my pillows at the front of the bed



Place my stuffed animal or folded blanket back on the bed



When I make my bed, it helps:

With the chores in my home



Keep my room tidy for myself and guests



Make it easier to sit on to do things like read or play



Sometimes, making my bed is difficult to do alone. If I need help making my bed, I can ask someone in my home for help.



Making my bed in the morning makes my room look nice and is a great way to start my day!