

MOVE

PLAY

STRETCH

FEEL

BREATHE

BELIEVE

RELAX

Pre-Bath/Bedtime Routine (10-15mins)

Move

Heads Shoulders Knees & Toes (normal, fast, slow)

Play:

Wheels on the bus

Bedtime Story featuring your child or one from the toolkit

Stretch:

Incy Wincy Spider (e.g.: out came the sunshine stretch, stretching arms up the spout)

Bedtime Routine (20-30 mins)

Feel:

Teeth

Bath – water, sponge, washing

PJ's on

(can add in a massage, round and round the garden, this little piggy, pizza on back)

Breathe:

Pretend or real bubbles, breath in through your nose and out through your mouth to make bubbles (x3 breaths) or

Blowing the candles out on a pretend cake

Believe: (or sleep manners weaved in) sing RK version of twinkle twinkle to your child and either ask or tell her she is a _____start tonight

Relaxation:

Relaxing bedtime story



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Twinkle Twinkle little star

Which star will you be tonight?

Will you be strong and brave

Peaceful, helpful, good and kind

Twinkle Twinkle little star

Which star will you be tonight?

Twinkle Twinkle little star

Which star will you be tonight

Will you be quiet and kind

Loving, helpful, bright and calm

Twinkle Twinkle little star Which star will I be tonight?

