

Things to help other children sleep.

Dear children,

I am writing this letter to tell you what to do when it is hard for you to go to bed.

I used to find it hard to go to bed, but now I am the Sleep Master.

Here is a list of things that help me

1. My balloon breathing - this helps me feel calm, it helps my body and mind relax.
2. Reading - this helps my eyes get tired
3. Lullabies - make me relax and go to bed much better
4. A snuggle and kiss from mummy - makes me feel like she is still there.
5. I tell my mummy about my worries and she throws them out of the window.
6. Hugging my teddies makes me feel like my parents are next to me.
7. My dream catcher next to my bed - helps me think about good stuff, like somewhere I am looking forward to going. You could make a dream catcher.
8. Having one last wee before bed means that I don't wake up needing a wee.
9. Looking at stuff around my bedroom makes my eyes sleepy.

10. Playing with my parents after school helps to wear me out.
11. My little colourful lights help me because I don't like the dark.
12. My special blanket helps me feel warm and snuggly.
13. Praying before going to bed helps to relax me.
14. My sleeping mask makes me close my eyes and go to sleep.
15. Lavender spray on my pillows and teddies smells nice and helps me breathe.
16. Saying to myself I am the Sleep Master, I can do it.
17. If I have lots of worries I can have Worry Time with mummy and talk about them.
18. I might put some worries in my Worry Jar so I can forget about them.
19. Doing my stretching routine in bed helps me feel sleepy.

I hope these staff would help

YOU

From

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WELL DONE