

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Sometimes, negative thinking can ruin bedtime, even when we are exhausted as parents. When worry stops us from falling asleep, we can feel more tired and irritable during the day. This resource contains some great ways to reduce stress, allowing the mind and body to relax more easily and drift off into a deep, restful sleep.

What skills does this practise?

Mindfulness

Happiness

Positivity

Further Activity Ideas and Suggestions

Try developing some positive sleeping habits with our [A Good Night's Sleep](#) resource or check out our [Mindful Moments in Difficult Times](#) which describes the benefits of being mindful when there is so much going on in life.

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents Hub

Better Sleep

Sometimes, thoughts can get in the way of us falling asleep, even when we are really tired. When worry stops us from falling asleep, we can feel exhausted and irritable during the day. Here are our top ways to sleep better by worrying less:

Get Up

Lying awake in bed is the perfect opportunity for your brain to go into overdrive and start up a worry cycle. It's best to gently stretch, keep the lights low, and have a warm, low caffeine drink to allow your body to slow down before sleep.

Meditate

Learning how to let thoughts go through meditation is a really effective way to manage stress and feel more at peace. Meditation can lower cortisol levels (our stress hormone) and increase melatonin (our sleep hormone). It's also great to meditate during the day and not just at bedtime. There are lots of different ways to meditate. You can even try our [Mindful Walking Meditation](#) for a bit of extra inspiration.

Sleep Shelter

Detach your mind from any negative associations with your bedroom by making your room as comfortable and relaxing as possible with a lovely scent and cosy fabrics. Your place of sleep should be a sanctuary that you look forward to entering at the end of a hard day.

Better Sleep

Counting

Slowing the mind down by counting back from 100, and starting again if necessary when you get to zero, can help focus the mind and reduce repetitive thought patterns.

Put Phones Away

Scrolling through social media can increase stress and feelings of isolation. Exposure to blue light can also decrease melatonin, making it harder to fall asleep. Too much time on phones before bed can also affect sleep quality.

Brain Container

Put together some kind of worry box to help contain your negative thoughts to a specific time and place. Allow yourself a designated time to worry, write the worries down, and pop the thoughts in the box or jar. Knowing that you can worry when it's an appropriate time will put your mind at ease for later. Writing down any stressful thoughts can be a really helpful way to feel in control and express your inner fears.

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