

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more engaging, 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?

Encourage your child to engage in calming activities at bedtime with this set of Bedtime Calm-Down Activity Cards. With 20 calming activities to choose from, you can choose a different calm-down activity each night or create a set calm-down routine. Each card is beautifully illustrated and includes child-friendly instructions.

## What skills does this practise?

Calm-Down Activities

Bedtime

Relaxation

## Further Activity Ideas and Suggestions

If you're looking for more ideas and activities to support your child in getting a good night's sleep, then head [here](#). Your child will love this [Sleepy Mindfulness Colouring](#) and this [Cloud Bedtime Meditation](#) is designed to aid relaxation.

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents Hub

## Colouring

Spend 10 minutes  
doing some calming  
colouring.

Use soft colours.



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## Deep Breathing

Breathe in deeply.

Hold for 1... 2... 3... 4... 5.

Breathe out slowly.

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## Stretches

Reach up tall and  
touch the sky.

Bend down low and touch  
your toes.

Reach out wide, then  
curl up small.

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## Reading

Spend 10 minutes  
reading or listening to a  
story.



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## Calming Music

Listen to your favourite  
gentle music.

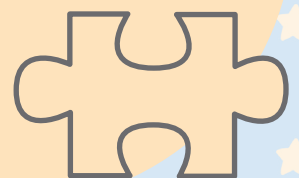
Close your eyes and relax.



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## Puzzles

Spend 10 minutes doing a  
jigsaw puzzle.



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## Building Blocks

Spend 10 minutes playing with building blocks.

How high can you build a tower?

Can you make a home for a toy?

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## Journaling

Write down your thoughts, feelings and worries.

Use a journal every day.

Doodle and reflect.



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## Drawing

Draw some calming images, such as:

- a bird in the sky
- the ocean
- a forest

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## Calming Talk

Talk to a grown-up about your day.

Use a calm voice.

Share your thoughts, feelings and worries.

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## Audiobook

Pop on your favourite story.

Close your eyes and listen to the tale.

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## Warm Bath

Have a warm and calm 10-minute bath.

Pour the water into different cups — water is calming.

Swish the bubbles in swirls and waves.

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## Modelling Dough

Enjoy 10 minutes of playing with modelling dough.

Squeeze it between your hands.

Make calming shapes and designs.

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## Calming Singing

Ask a grown-up to sing lullabies to you.

Or, sing calm songs to yourself.



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## Threading Beads

Spend 10 minutes threading beads.

Make a necklace or bracelet.

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## Cuddling a Teddy



Snuggle up in bed and cuddle your favourite soft toy.

Squeeze them tight.

Whisper to them about your day.

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## Counting

Line up toys and count them.

Count your teddies.

Close your eyes and count imaginary sheep.

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## Putting Toys to Bed



Lay your dolls or teddies down to sleep.

Cover them with soft blankets.

Kiss them each goodnight.

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## Quiet Games

Play a gentle, quiet board game with a grown-up.



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## Stargazing

Look out of your window and gaze at the stars.

Or, create stars in your room with star lights or glow-in-the-dark stars.

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