

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?

These lovely mindfulness activities have been written in conjunction with the Twinkl Originals book 'Asha's Bedtime'. Practise them just before bedtime to help your child calm down ready for a good night's sleep - just like Asha and Leo!

What skills does this practise?

Mindfulness

Sleep

Understanding Mental Health

Further Activity Ideas and Suggestions

For more help with encouraging your child to have a good night's sleep, try our dedicated category [here](#). You'll find [Cloud Meditation](#), a [Better Sleep Guide](#) and lots more.

Parents Blog



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Asha's Bedtime: Mindfulness Activities for Sleep



Asha has learnt how important it is to get a good night's sleep - if she stays up too late, she is cranky the next day and can't do the things she loves, like feeding the ducks on the way to nursery or joining in on dance day.

Try some of these mindfulness techniques to help you nod off at night so you can wake up refreshed and ready for tomorrow!



Making Sense



When you're all ready for bed with your snuggly PJs on and the light turned down low, sit quietly in your room and close your eyes. Now listen very quietly to the sounds around you. Mentally list five things you can hear - it might be your parents talking, the television, a car driving past. Do you think Asha can hear the same things as you?

Next, breathe in slowly and deeply - what can you smell? Dinner cooking? Clean sheets? Your mother's perfume?

Now concentrate on the feelings in your body, scanning up and down - what do you notice? What does the floor feel like under your feet? What do your PJs feel like on your skin? Are you warm or cool?

Lastly, concentrate on your mouth - can you taste anything? Toothpaste? Cool water? Nothing?



Asha's Moon Breathing



Lie in bed on your back in bed and place your hands in a prayer position in front of you. Keeping your hands together, spread your fingers out to look like a starfish. Now breathe in deeply and as you do, move your palms apart but keep your fingertips together - imagine you are holding the moon in your hands. As you breathe out, deflate your moon. Repeat five times.

Rainbow Breaths



Asha can't wait to wear her rainbow wellies to feed the ducks. Imagine a rainbow just like the one on Asha's wellies. Picture the rainbow in your hand. Lie or sit comfortably, close your eyes and gently trace the rainbow with your finger - a nice big arch on the palm of your hand - backwards and forwards. Breathe deeply and repeat ten times until you begin to feel sleepy.

Floating Away



Lie down in bed with your eyes closed. Now, focus on your toes - scrunch them up really tight, then relax them totally. As you relax them imagine they are water, floating down a stream. Next, tense your legs as tight as you can and when you relax, they are water as well, gently floating away. Now move to your bottom, then your hands, arms, chest, neck and finally your face. When you relax each part of your body, imagine it is water floating away, just like the ducks on Asha's pond.

Mindfulness Story – ask someone to read this to you when you're in bed.



Lay down in bed and close your eyes. Imagine you are blowing up a balloon with each breath you exhale. Blow out strongly through your mouth. Imagine the balloon getting bigger and bigger - what colour is it? When the balloon is big enough, imagine it floating up to the ceiling then gently out the window. Your balloon floats over the neighbourhood houses into the big blue sky, just like the one in Asha's picture. Eventually, it reaches a soft meadow where the sun is shining, wildflowers grow and a small stream quietly bubbles along. Now imagine you are with your balloon, lying in on a mossy bank next to that lovely stream - you can smell the wildflowers and hear the water running. Your balloon slowly deflates and as it does so, you fall gently asleep.

