

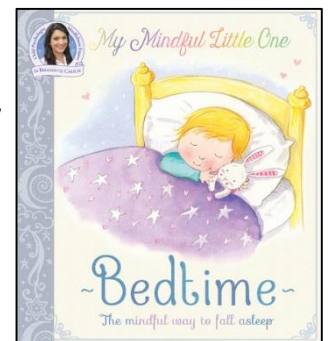


## ***My Mindful Little One: Bedtime***

**Written by Bernadette Carelse and  
illustrated by Paula Bowles**

### 1 – Introducing the book

- Before reading the story, establish a calming atmosphere in the classroom, for example by arranging comfortable cushions on the floor, switching on fairy lights, and by adding a few drops of lavender oil to some water in an oil burner.
- Talk to children about their bedtime routines, and what helps them feel ready for sleep. Do they have a favourite toy to cuddle, do they have a night light, do they have a bedtime story, do they snuggle up on the sofa or have a warm bath first?
- Look closely at the front cover of the book together and ask children how they would describe the picture. You could look at the famous painting *The Great Wave at Kanagawa* by the Japanese artist Hokusai which also uses calming colours and has a similar feel. Even though there are lots of waves, how do you think the child in the boat is feeling? How do you know? Point out the stars in the sky. Where do you think the little boat is sailing to? Ask them to imagine they are in a boat gently rocking on the water.
- Read the first pages where the children remember all the things they have done during the day. Ask children to do the same. 'Now let's pause, breathe and just be' it says, so encourage children to close their eyes and be aware of how they are feeling at that moment, taking some deep breaths. Ask them to think of something they are thankful for during the day, and something they are looking forward to. This moment of quiet reflection could become a key part of the end of the day routine.



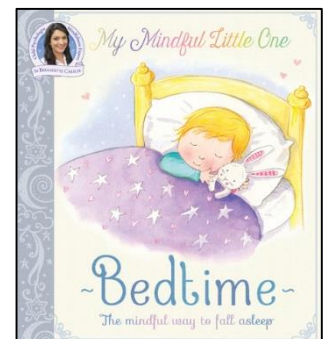


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- You could have a pyjama party at school, and invite children to bring a teddy, snuggly blanket or other favourite toy. They could have fun reading stories to their toys and singing lullabies. Children could also enjoy a ‘bedtime’ drink of hot chocolate, during a whole class story time.
- If children have something they are worried about, you could suggest they imagine you are putting it inside a helium balloon and then watching it fly away up into the sky. Similarly you could visualise a kind thought being carried out into the world. This online Lanterns game encourages letting go of difficult feelings: (<http://www.healthforkids.co.uk/feelings/lanterns> ) and is a nice link with the hot air balloons pictured in the book.
- If you have Google Earth set up, you could demonstrate on an interactive whiteboard how it zooms in from space, giving children a sense of a higher perspective and of being very small compared to the wonder of the universe.



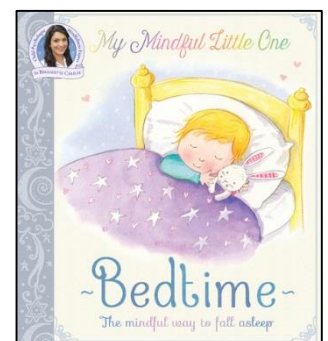


## *My Mindful Little One: Bedtime*

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### 2 – Sweet dreams

- In the book there are lots of pictures of waves and seascapes. Children could make their own dream-like marine pictures. Look again at the shape of the waves in the book, and then using a thick blue or white crayon, draw big, curving waves on a large sheet of watercolour paper. Create a watery blue wash and paint over the top. Add a little bit of green and repeat the process until the whole page is covered. Once the paint is dry, children could add glitter and sequins and draw on sea animals.
- Explain that in some South American cultures they make 'dream catchers' to snare bad dreams and stop them from upsetting you while you sleep. You can read the native American legend here: <http://www.firstpeople.us/FP-HTML-Legends/TheLegendOfTheDreamcatcher-Chippewa.html>. To make a simple dream catcher, cut the centre out of a paper plate so you are left only with the rim, which can be painted different colours. Using a hole punch, make eleven holes evenly spaced around the edge. Knot or tape a piece of wool through one of the holes and then help children to carry out simple weaving back and forth across the plate to create a web pattern. Tape a feather to the end of three more pieces of wool and then thread on some beads. These can be hung from the bottom of the dream catcher.





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- Explain to children that many people use a lavender pillow or use lavender bubble bath before bedtime as it makes you feel calm and relaxed. Children could make their own simple lavender bags to put under their pillow. Cut a square of fabric and then put a spoonful of dried lavender in the centre. Wrap the corners together and use an elastic band to secure the lavender in place. Tie a pretty ribbon over the top to hide the elastic band. Children could write special labels to fix to their lavender bags.

