



BEDTIME MEDITATION WORKSHEET: A NIGHT WALK AROUND THE BLOCK

My Dear (***your child's name***) _____ it's time for a magical bedtime walk.

Take a deep breath and settle into your bed.

Make yourself exactly comfortable under your covers and with your pillow. Notice the comfortable things around you in your room. The (***list familiar items or favorite toys***) or _____ and the _____.

Notice how your body feels. Imagine your feet and your legs softening; Your belly and your arms softening; Your shoulders and your face softening. Let the muscles of your neck and head relax into your (***name the color***) _____ pillow.

Let yourself find your imagination and together, (***your child's name***) _____ we will take a night walk around the block.

Imagine that a pair of shoes appear and that they are (***a favorite color***) _____ and as soft as (***name a favorite soft thing***) _____. You notice that they are actually made of clouds and when you put them on, you begin to float gently out of your bed and into the air. Your feet feel warm and comfortable in your new cloud shoes. Your shoes carry you quietly toward your door. This walk will be peaceful and comfortable in your new cloud shoes.

As we step outside, we take a deep breath of fresh air. As you breathe in, notice how calm and cool the night air feels, as it moves into your body. As you let out your breath, focus your attention on your feet and notice how soft your cloud shoes are.

As we begin our walk, we notice how the sounds of the evening are sleepy sounds and they are making you feel relaxed as you listen. You hear (***name a few quiet sounds from your neighborhood***) _____ and _____.

We see the colors of the sunset, or the twinkling stars and (name a specific sight from your walk) _____.

As we walk along, we notice (***someone from your neighborhood doing something peaceful***)

E.g.: we see Mr. Asplund's dog, looking up at the night sky.

Watch him head into his dog house, turn a few circles, and lie down.

You whisper good night to him, and as you take another deep breath, you hear him

"woof woof" a good night to you as he closes his eyes.

As you float a bit farther on your cloud shoes, you take another deep breath and let the cool air make you feel sleepy and comfortable. You look up and see (***name a second familiar peaceful thing from your neighborhood***) _____

E.g.: Ms. Webb on her front porch closing her windows. She waves good night to you with a smile, and you wave back and say goodnight.

“Sleep well!” she says.

You feel sleepy as you walk along in your cloud shoes, and your body feels heavy.

As you wind your way down the sidewalk and back to your house, you see (***a third familiar peaceful thing from your neighborhood***) _____

_____.

E.g.: a tiny squirrel, peeking out of its home in the tree by your house.

He shakes his bushy tail and disappears into his bed. You whisper goodnight to him and notice that you are back at your door, and that your bed is only a few steps away.

Your cloud shoes carry you gently to your room and back into your bed. As you fall back into your pillow, stretch out and take a deep breath, your cloud shoes drift to the floor and you quietly sleep.