

5 Steps towards a Mindful Bedtime

Burn Off Excess Energy

Dance party * Jumping jacks *
Tossing a ball (carefully) * Yoga *
Running around in circles * Taking
a walk * Stair climbing * Sit-ups *
Toe touches *

STEP
01

Feelings Check In

How did you help someone today
* When were you bored today? * Tell
me something that made you laugh
today. * What's something that you
wish you hadn't done today? * What
are you proud of that you did today?
* What is something that you want to
work on for tomorrow? * Was there
something that made you upset?

STEP
02

Engage the Imagination

Share your favorite picture
book * Re-read a classic *
Explore a chapter book
together

STEP
03

Relax the Brain

Listen to a bell fade away *
Give a personal weather report
* Practice hot cocoa breathing

STEP
04

Physical Contact

Hug * Snuggle * Give a back
rub * Tuck the covers in

STEP
05