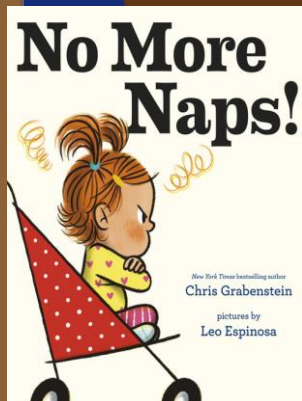




# Bedtime

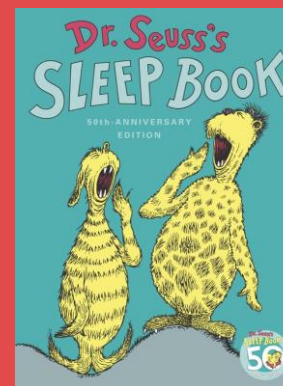
## Books on Overdrive



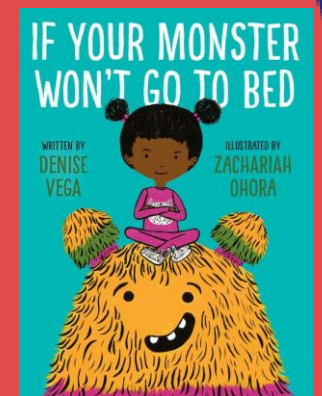
**No More Naps!**  
*by Chris Grabenstein*  
[Check it out!](#)



**One Minute till Bedtime**  
*by Kenn Nesbitt*  
[Check it out!](#)

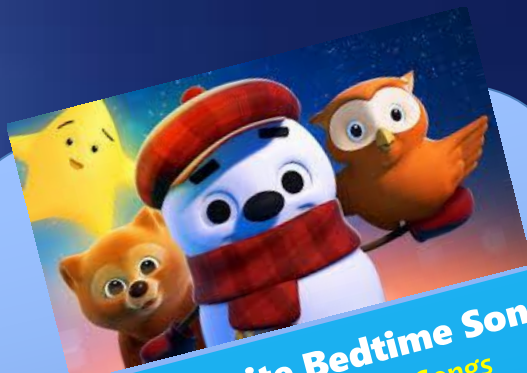


**Dr. Seuss's Sleep Book**  
*by Dr. Seuss*  
[Check it out!](#)



**If Your Monster Won't Go to Bed**  
*by Denise Vega*  
[Check it out!](#)

# SONGS



**Our Favorite Bedtime Songs**  
from *Super Simple Songs*  
[Click here to listen!](#)



## "Brother John"

*Are you sleeping?  
Are you sleeping?*

*Brother John?  
Brother John?*

*Morning Bells are ringing!  
Morning bells are ringing!*

*Ding Dang Dong!  
Ding Dang Dong!*



## "Stay Awake"

*Stay awake, don't rest your head  
Don't lie down upon your bed*

*While the moon drifts in the skies  
Stay awake, don't close your eyes*

*Though the world is fast asleep  
Though your pillow soft and deep*

*You're not sleepy as you seem*

*Stay awake, don't nod and dream  
Stay awake, don't nod and dream*





# ACTIVITIES

## Bedtime Body Meditation

### Instructions

- 1) Lie down on your back, in your bed, and get comfortable. Close your eyes.
- 2) Take 3 deep breaths, slowly in and out. Focus on how the air feels flowing in, and flowing out. Keep breathing.
- 3) Now, focus on your feet. How do they feel? Cold? Itchy? Curl your toes, then relax them. Think about your feet. If you feel your mind wandering, bring it back to your feet. Only your feet. Then relax and move on.
- 4) Focus on each part of your body, moving up from your feet. Your legs, your belly, your chest, your arms, your hands, and your head. How do they feel? Can you focus only on them, nothing else?
- 5) After you have focused on each part, try to feel the whole. Focus on your whole body. Think only of your body, your breath, how you feel.
- 6) Finally, try and clear your mind. If your mind stays busy, try focusing on your breathing again. In time, sleep will find you.



**60** BEDTIME  
ACTIVITIES  
for *Kids*  
**THAT CALM**

### **Bedtime Activities for Kids**

from *Parents with Confidence*

[Click here to get started!](#)

