the sleep toolkit

a collection of guided meditations, sleep helpers, and ideas to make bedtime more peaceful for your little ones.

Little Otter
with little renegades

sleepy blue ocean

HEAVY AND CALM, YOU CREATE
A DEEP PEACE IN THE QUIET
DEPTHS OF YOUR WATER.

GUIDED MEDITATION

sleepy blue ocean

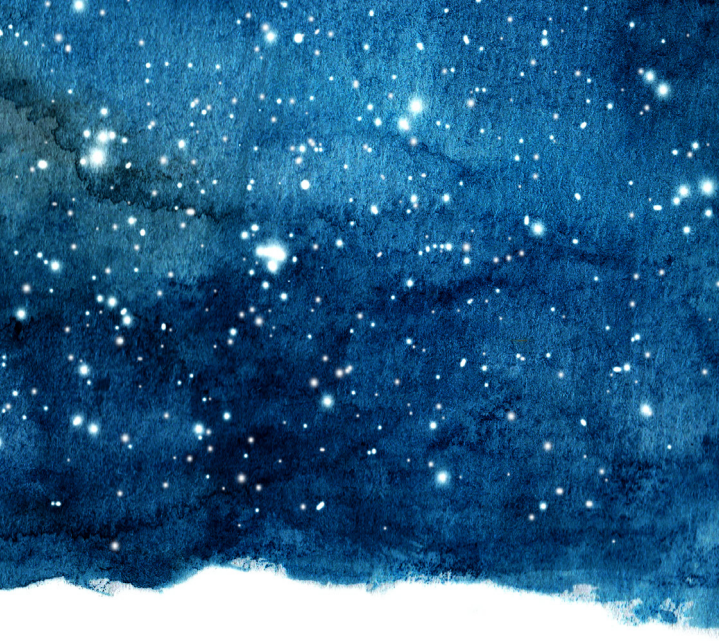
GUIDED MEDITATION

Take a few moments to get still with your little one. Deep breath in, deep breath out. Let your child take in the illustration on the front of this card. Now, ask him to close his eyes. Begin the guided meditation by saying the following:

"You are the sleepy blue ocean. Imagine your body is a cool watery wave, slowly rolling from side to side as you settle into the deep sea below you. On your face, you feel the gentle ripples of the wind blowing across your surface. Scan down your body, feeling the water deepen as you breathe into your lungs, your belly, your legs, and your feet. Your feet are in the deep blue. It is cool and calm in the waters beneath you.

You bring a quiet peace. You are a gentle giant rolling mighty waves back and forth. Within your sleepy blue body, you carry the magic of water and the power to provide life to so many creatures that call your waters their home. And at night, your cool softness gives all those creatures permission to be quiet and fall deeply asleep."

Keep going. Pretend your eye lids are the waves, heavy against your eyes. Feel them relax with ease.



north star

OUR GUIDING LIGHT,
YOU ARE OUR ANCHOR IN
AN EVER-CHANGING WORLD.

GUIDED MEDITATION

north star

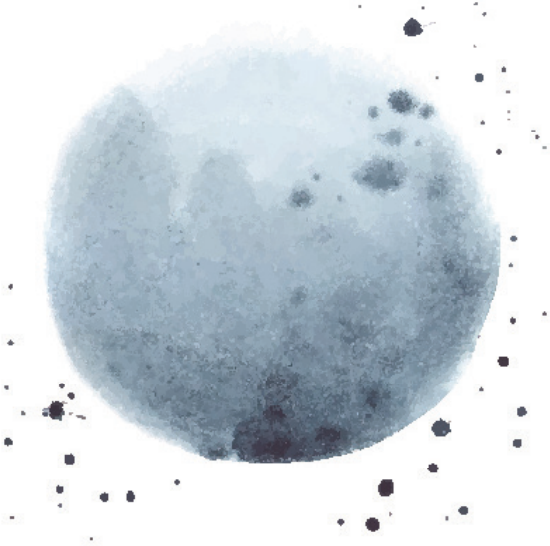
GUIDED MEDITATION

Take a few moments to get still with your little one. Deep breath in, deep breath out. Let your child take in the illustration on the front of this card. Now, ask her to close her eyes. Begin the guided meditation by saying the following:

"You are the north star. Imagine you are sitting brightly against the sky. You are our fearless leader, our silent soldier of the night, Mighty Polaris, you are the constant in an ever-changing world. Unlike your busy constellation friends who rotate and change with each passing night, you remain firmly in the same spot every night. You look out onto the entire galaxy. Millions of stars dancing in your view.

As the Earth beneath you changes with each passing breath, you remain unchanged. You are the faithful guardian who leads with unwavering light. You watch over the wanderers, the wild hearts, the wayward souls who are just trying to find their way."

Keep going. What do you see from you view? Are there planets far off in the distance? Does a shooting star cruise by? What else?



mother moon

EVEN IN THE DARKNESS, YOUR
LIGHT ALWAYS GUIDES US HOME

GUIDED MEDITATION

mother moon

GUIDED MEDITATION

Take a few moments to get still with your little one. Deep breath in, deep breath out. Let your child take in the illustration on the front of this card. Now, ask her to close her eyes. Begin the guided meditation by saying the following:

"Imagine you are the mother moon, the gentle protector of the dark night sky and the earth below you. Your body is strong but relaxed. As you close your eyes, you feel your light cast across the universe. And with each breath, you help the earth to sleep in peace.

You are the comfort that lets the mountains relax from a long day of flexing. You are the calm that brings stillness to the busy earth beneath you. But you are also a force. You can tug the tide that then pull the waves high upon the shore. But your joy comes in your ability to guide and protect. You remind us that even in the darkness, we can always find your light to help guide us home."

Keep going. How does the moon feel when she's a crescent shape? How does this compare to being full and whole? What does it feel like to shine your light across the land?

mighty milky way

IN YOUR HANDS IS EVERYTHING,
AND EVERYTHING IS JUST AS
IT SHOULD BE.

mighty milky way

GUIDED MEDITATION

Take a few moments to get still with your little one. Deep breath in, deep breath out. Let your child take in the illustration on the front of this card. Now, ask her to close her eyes. Begin the guided meditation by saying the following:

"You are the mighty milky way. WIth eyes closed, you are able to see the entire galaxy. You look to your left, and you see beautiful shades of indigo purple, navy blues, and dark black night. You slowly roll your eyes to the center, you see planets of all colors and shapes. To your right, a shooting star crosses across the sky. What a beautiful night.

You remind us we are bigger than we imagine. You tell us to be hopeful for more but content with what is. You show us how to be open and loving to all living creatures around us."

Keep going. What else do you see? Is the moon nearby? What about a meteor shower? Does it feel warm or cool? How many stars can you count?

butterfly breaths

YOU OPEN YOUR WINGS WITH EACH NEW BREATH, RELEASING ANY WORRIES TO THE WIND.

butterfly breaths

MINDFUL BREATHING

As your little one is lying on his back, ask him to close his eyes and breathe normally while paying attention to how his body moves and changes as he breathes. When he's ready, have pull his hands under his armpits, creating make shift "wings."

We are going to pretend we are a butterfly. As the butterfly opens its wings, take a deep breath in. Count slowly to 1, 2, and 3 as your wings gently open. Now, as the butterfly closes its wints, take a deep breath again by counting to 1, 2, and 3.

Now do it again, this time asking your little one to think about anything that's worrying him. Breathe it in for three long counts. When he exhales, let all the breath out, releasing all the worry.

Benefits of Breath Work: The benefits of bringing attention to your breathing are measurable. By helping our kids learn a few simple breathing techniques, we can reduce stress, improve sleep, quell busy minds, and open up an accessible way for kids to reconnect with themselves and their bodies.

heart breaths

BREATHE IN AND LET THE LOVE
FILL YOUR BEAUTIFUL HEART.

heart breaths

MINDFUL BREATHING

As your little one is lying on his back, ask him to close his eyes and breathe normally while paying attention to how his body moves and changes as he breathes. When he's ready, have him place his hands on his heart.

We are going to breathe in deep, loving breaths. Ask your little one to imagine that the air is going directly into his heart. Have him pretend to see the slide down his lungs and hug his heart. Hold the breath for 3 long counts. And then exhale.

Next, ask him to think of someone he loves. Perhaps a family member, a teacher, a pet. Breathe in, and this time, think of that loved one as the air fills his lungs. Hold for three seconds. And release.

Benefits of Breath Work: The benefits of bringing attention to your breathing are measurable. By helping our kids learn a few simple breathing techniques, we can reduce stress, improve sleep, quell busy minds, and open up an accessible way for kids to reconnect with themselves and their bodies.

rainbow eyes

SLEEPY BENDS OF COLOR AS
YOU EASE INTO DREAMLAND.

rainbow eyes

MINDFUL TOUCH

This exercise is designed to create a calming connection between you and your little one as she prepares to sleep. Get comfortable with your child and begin with some slow, deep breathing.

Ask her to close her eyes. Begin by placing your pointer fingers or thumbs at the top of her eyebrows closest to her nose. Slowly, press your fingers across the line of her eyebrows until you reach her temples. Gently press into her temples. This motion will feel like a rainbow arch across her face.

Repeat the same motion, this time half an inch above the eyebrow. Do this again several times, slightly above the prior "arch" until you reach the top of her forehead. Encourage her to keep breathing. How does she feel?

Massage & Touch: Physical touch is one of the more effective ways of creating a calm, safe, and relaxing environment for your little one before bedtime. Creating a practice of massage at nighttime helps generate deep connections and feelings of safety for your child.

trunk massage

YOUR SPINE IS A TRUNK.
FEEL THE SOFTNESS
ACROSS EACH INCH.

trunk massage

MINDFUL TOUCH

This exercise is designed to create a calming connection between you and your little one as he prepares to sleep. Get comfortable with your child and begin with some slow, deep breathing.

As him eyes are closed, begin by placing your hands at the top of his neck where his head meets his spine. Slowly begin massaging each vertebrae, gently rubbing each nook of his spine. Let your hands slowly dip down to the bottom of his spine while encouraging deep, relaxing breaths.

From there, pretend that his arms are branches. From his armpits, slowly massage his shoulders, elbows, and wrists, rotating each joint in your fingers. Ask him which areas feel strong? Which ones feel sore?

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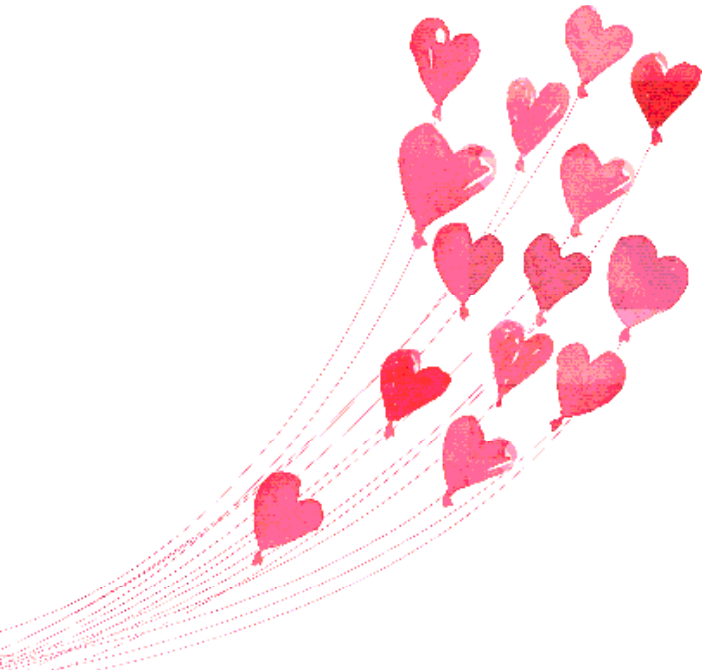
loving kindness

WITH LOVE, I AM CALM, I AM QUIET, I AM AT PEACE.



loving kindness

CALMING EXERCISE

As he's easing into sleep, this exercise is designed to ignite compassion in your little one by letting him visualize loving kindness. Get comfortable with your child and begin with some slow, deep breathing.

Keeping your eyes closed, think of a person close to you who loves you dearly. Perhaps a parent, a teacher, a cousin, or a close friend. Imagine that person standing on your right side, sending you their love. That person is sending you wishes for your health and happiness. Feel the warm wishes and love coming from that person towards you.

If he's up for it, let me repeat the words on the front of the card. Say out loud together, "With love, I am calm, I am quiet, I am at peace.

Visualizations & Mantras: Our brains do not distinguish between an imagined event and a real one. We can help little ones visualize beautiful and calming imagery that ignites stillness, peace, and joy at bedtime. From there, we can use mantras as repeatable phrases that keep their thoughts focused on loving, powerful statements of truth.

rainbow feelings

IN EACH COLOR, I FEEL
MORE ALIVE.

rainbow feelings

CALMING EXERCISE

This exercise is designed to help little ones identify their feelings through a spectrum of colors. Sometimes, colors can help us visualize our feelings better than words can. Get comfortable with your child and begin with some slow, deep breathing.

Together, look at the front of the card. Can your little one point out her favorite hew? Ask her which one she is feeling like right now? What is making her feel that way? Proceed with a few additional questions like the following.

"Keeping your eyes closed, imagine the color red. How does it feel? Is it warm or is it cool? Now imagine a light purple? Is it gentle? Does it make you happy? How about green? Imagine the color green is all over the room, how does it make you feel?"

Visualizations: Our brains do not distinguish between an imagined event and a real one. We can help little ones visualize beautiful and calming imagery that ignites stillness, peace, and joy at bedtime.