

THE MELODIES

Before Bedtime Routine!

Play the CD and do the matching ideas to you're your kids on schedule while getting ready for bed! The songs will give them not only a routine, but they are designed to go from faster to slower, encouraging slowing down and relaxation. Perfect for bedtime!

**Customize to your kids!*



Walk Like the Elephant

Bathroom, brush teeth, get in bathtub, or out, etc.



Namaste Numbers

In mirror, do heart exercise with self!



Rainbow Song

Open door or window and take a deep breath of fresh air.



Music is Poetry to Me

Pick out sleeping music, turn on.



Thank you

Do a gratitude list of 3 things, out loud or with prayers.

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Tree Song

Do grounding exercise in bed to get out excess energy!



Feelings

Share feelings with parents about day.



Butterfly

Have child use imagination to create dream story.



Expression

Use imagination to 'picture' day ahead, or talk about day past.



A Love Song

Sing together with parent with good night hugs.



This Little Bird

Time to rest, sit still and drift off to sleep.

GOOD NIGHT!