

Sleepy Stars

Sleep is so important to our health. No matter your spaces, sleeping arrangements, or evening routines, bedtime can be a great opportunity to relax and bond. As your child colors this page, read the ideas in each star aloud and choose one to try together once the lights are low tonight.

When the day is done, we can...



Talk about it. As you do the activities, talk together about how you are feeling! ("I love how your fuzzy blanket feels on my skin," "These sheets are cool and soft," "These shadow bunnies are moving so slowly, they're making me sleepy," and so on.)

Try these easy shadow puppets!

