

HERE

Goodnight Moon

a movement & visualisation activity



This activity is a gentle side stretch to do together before bed, on the carpet, a mat, or side by side.
A simple activity to help connection and calm to allow for a restful sleep.

♥ HOW TO

Invite your child to lie on their back and stretch their arms above their head, palms together.

SCRIPT: "Imagine you are a little moon rising up into the sky. Reach your arms up high, higher and higher.
Now slowly bend over to one side, can you reach a star? And now the other side."

Afterwards, head to the window together and try to find the moon. Whisper goodnight to it, or just to the sky. Tell it one thing you're grateful for today, or just say "We'll see you tomorrow moon."

