

John's Bedtime Box

In John's Bedtime Box, John learns that getting a good night's sleep is really important. Without enough sleep, John didn't get to do some of the things she wanted to do and felt really tired and grumpy. Now you can get the that a Bedtime Box could help.

You will need

- a cardboard box or shoebox
- scissors
- things to decorate with (e.g. wrapping paper, stickers, felt tip pens, paint)
- something to write with (like a stick, white glue or sticky tape)



Before you start, make sure you have all the things you need to make your Bedtime Box. You will need a cardboard box or shoebox, scissors, things to decorate with (e.g. wrapping paper, stickers, felt tip pens, paint), something to write with (like a stick, white glue or sticky tape). If you don't have all the things you need, you can find them at a craft shop or online.

John's Bedtime Box

Instructions

- 1 Decorate your box with your chosen materials. Try to use colours that you find relaxing – you could try making patterns, such as stars, the Moon and you could draw the box and box separately so you can open and close the box!
- 2 Colour in the Bedtime Box label (included in the booklet) and add your name. You could also colour some pictures included in the pack and stick them on your Bedtime Box.
- 3 Label the box today!
- 4 While you are waiting for your box to dry, decide how you could like to use your Bedtime Box.

So you want some more playtime before bed, like John did? Your Bedtime Box could be a collection of activities that you can play with your family (like games), mindful colouring pages or books that you like to read.

You might feel too excited to sleep. We often make our Bedtime Box about the dream day of tomorrow. Your Bedtime Box could include some relaxing activities, like these Breathing Techniques for Children cards. Put your card with right to part of your Bedtime routine to help you calm down and get ready for a good night's rest.



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Bed Time Box Uk

CL Gary



Bed Time Box Uk:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Bed Time Box Uk**

In a global inundated with monitors and the cacophony of fast connection, the profound power and mental resonance of verbal art usually disappear into obscurity, eclipsed by the continuous assault of sound and distractions. Yet, situated within the lyrical pages of **Bed Time Box Uk**, a fascinating function of literary brilliance that pulses with organic feelings, lies an unique trip waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus instructions readers on a psychological odyssey, delicately exposing the latent potential and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key themes, dissect their fascinating publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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