

# WINDING DOWN

## EVENING ACTIVITIES

These activities can be done 1 hour before bed to create a relaxing atmosphere and help signal that bedtime is approaching. Choose calm, low-stimulation activities that you enjoys, but avoid screens (TV, tablets, phones) during this time. Blue light can make it harder to fall asleep because it suppresses your natural melatonin production.

### EXAMPLE EVENING ACTIVITIES:

(1-2 hrs before bed)

- Legos, puzzles, drawing, crafts, crocheting (or other tech-free hobbies)
- Listening to soft music, audiobooks, or nature sounds
- Gentle stretching or yoga
- Caring for a pet
- Setting out clothes for the next day
- Sensory activities: kinetic sand, water beads, or modeling clay
- Organizing your closet
- Going for a walk

## BEDTIME ROUTINE

A consistent bedtime routine should be practiced 20 minutes before sleep to help your body and mind wind down for sleep. Choose 3-4 calming activities to do before bed to signal that it is time to rest. Place your phone across the room to avoid nighttime distractions. Turn electronics off, dim the lights and reduce noise to help your body prepare for sleep.

### EXAMPLE BEDTIME ACTIVITIES:

(20 minutes before bed)

- A nutritious snack
- Shower, skincare or other bathroom self-care
- Brushing teeth
- Tidy up your room
- Reading a book
- Drawing or journaling
- Rehearsing good dreams (if practicing Imagery Rehearsal Therapy)
- Mindfulness, deep breathing, or guided imagery
- Prayer or gratitude reflection

# SUPPORTING WIND-DOWN

## EVENING ACTIVITIES

These activities can be done 1 hour before bed to create a relaxing atmosphere and help signal that bedtime is approaching. Choose calm, low-stimulation activities that your child enjoys, but avoid screens (TV, tablets, phones) during this time. Blue light can make it harder to fall asleep.

### EXAMPLE EVENING ACTIVITIES:

(1-2 hrs before bed)

- Quiet play: puzzles, coloring, building blocks, pretend play
- Listening to soft music, audiobooks, or nature sounds
- Gentle stretching or yoga
- Storytelling or making up stories together
- Playing with stuffed animals or dolls
- Caring for a pet
- Setting out clothes for the next day
- Low stake family games (e.g., "I Spy," memory games)
- Sensory activities: kinetic sand, water beads, or modeling clay
- Going for a family walk

## BEDTIME ROUTINE

A bedtime routine should include 3-4 calming activities done in the bedroom 20 minutes before bedtime to signal that sleep is near. Once you begin the routine, use a quiet voice and dim the lights to create a soothing environment.

### EXAMPLE BEDTIME ACTIVITIES:

(20 minutes before bed)

- A nutritious snack
- Bath or washing up
- Brushing teeth
- Going to the bathroom
- Reading a book together
- Lullaby or singing a song together
- Massage, cuddling, or rocking
- Talking about their day (using a worry box if anxiety prone)
- Drawing or journaling
- Rehearsing good dreams (if practicing Imagery Rehearsal Therapy)
- Mindfulness, deep breathing, or guided imagery
- Prayer or gratitude reflection